



Sport and Active
Communities
Gym Roehampton



Nuffield
Health



Gym
Roehampton

Monday

| | | |
|---------|-----------------|---------|
| 8.00am | RPM (V) | 30 mins |
| 12pm | BODYPUMP (V) | 45 mins |
| 12.30pm | Coreblast | 30 mins |
| 1pm | GRIT Cardio (V) | 30 mins |
| 1.30pm | BODYCOMBAT (V) | 30 mins |
| 5.30pm | Bootcamp | 45 mins |
| 5.30pm | RPM (V) | 45 mins |
| 7.30pm | BODYBALANCE (V) | 55 mins |

Thursday

| | | |
|---------|-------------------|---------|
| 8am | Kettlebells | 30 mins |
| 8.30am | BODYPUMP (V) | 30 mins |
| 12pm | BODYCOMBAT (V) | 30 mins |
| 12.30pm | GRIT Cardio(V)* | 30 mins |
| 1pm | CXWORX (V) | 30 mins |
| 5.15pm | GRIT Strength(V)* | 30 mins |
| 6pm | RPM (V) | 30 mins |
| 6.30pm | BODYPUMP (V) | 55 mins |

Tuesday

| | | |
|---------|----------------|---------|
| 8am | HIIT | 45 mins |
| 12.30pm | CXWORX (V) | 30 mins |
| 1pm | Spin | 30 mins |
| 1.30pm | BODYPUMP (V) | 30 mins |
| 5.15pm | RPM (V) | 45mins |
| 6.15pm | BODYPUMP (V) | 55 mins |
| 7.15pm | BODYCOMBAT (V) | 30 mins |

Friday

| | | |
|---------|--------------------|---------|
| 8am | BODYCOMBAT (V) | 55 mins |
| 12pm | BODYPUMP (V) | 45mins |
| 12.30pm | Coreblast | 30 mins |
| 1pm | RPM (V) | 30 mins |
| 1.30pm | CXWORX (V) | 30mins |
| 5pm | GRIT Athletic (V)* | 30mins |
| 5.30pm | BODYPUMP (V) | 55 mins |
| 6.30pm | BODYBALANCE (V) | 55 mins |

Wednesday

| | | |
|---------|-------------------|---------|
| 12pm | GRIT Strength (V) | 30 mins |
| 12.30pm | Coreblast | 30mins |
| 1pm | CXWORX (V) | 30mins |
| 1.30pm | RPM (V) | 30 mins |
| 5.30pm | Kettlebells | 30 mins |
| 6.15pm | BODYBALANCE (V) | 55 mins |

Saturday

| | | |
|------|--------------|---------|
| 11am | Bootcamp | 45 mins |
| 2pm | BODYPUMP (V) | 55 mins |
| 3pm | RPM (V) | 45 mins |
| 4pm | CXWORX (V) | 30 mins |

Sunday

| | | |
|---------|------------------|---------|
| 12pm | GRIT Cardio (V)* | 30 mins |
| 12.30pm | BODYCOMBAT (V) | 30 mins |
| 1pm | CXWORX (V) | 30 mins |
| 1.30pm | BODYBALANCE (V) | 55 mins |

- Cardio and Condition
- Strength and Tone
- Mind & Body
- HIIT workouts

* Not recommended for those new to exercise

V = Virtual Classes. All 'V' classes are Les Mills

All those new to Les Mills classes should arrive 10 mins before class, tell gym staff, and they will give you quick intro/tips for setting up. Please wear suitable clothing/trainers & bring a towel and a bottle of water for classes

Timetable may be subject to change in Term 2 - check social media for up to date version