



# Holistic Class Schedule

THE LENSBURY

Monday			Friday		
Pilates	Kirsty	08:45 – 09:30	Pilates	Zoe	08:45 – 09:30
Pilates	Zoe	09:45 – 10:40	Athletic Pilates	Lyn	09:45 – 10:30
BODYBALANCE	Kate G	10:45 – 11:30	BODYBALANCE	Lyn	10:45 – 11:40
Pilates	Kate G	11:45 – 12:40	Ashtanga Yoga	Cheryl	11:45 – 12:30
Ballet Barre	Albane	12:45 – 13:40	Pilates	Kate G	12:45 – 13:40
Hatha Yoga	Barbara	13:45 – 14:40	Beginners Pilates	Kate G	13:45 – 14:30
Tai - Chi	Tove	17:00 – 17:55	Young Yogi's (7 – 13yrs)	Cheryl	16:45 – 17:30
Hatha Yoga	Garry	18:15 – 19:45	Candlelit Yin Yoga	Albane	18:00 – 18:55
Pilates	Gill	20:00 – 20:45	Saturday		
Tuesday			Pilates	Gill	08:30 – 09:25
Pilates	Kate G	07:45 – 08:30	BODYBALANCE	Lisa H	09:30 – 10:25
BODYBALANCE	Zoe	08:45 – 09:40	BODYBALANCE	Lisa H	10:30 – 11:25
Vinyasa Yoga	Sarah MA	09:45 – 10:30	Ashtanga Yoga	Cheryl	11:30 – 12:25
Vinyasa Fusion	Darren	10:45 – 12:15	Pilates	Paola	12:30 – 13:25
Pilates	Vanessa	12:30 – 13:25	Mindful Yoga	Edina	14:45 – 15:40
BODYBALANCE	Rachel	13:45 – 14:40	Sunday		
Back to Fitness	Margaret	16:45 – 17:30	Pilates	Zoe	08:45 – 09:30
Beginners Pilates	Gill	17:45 – 18:30	Pilates	Gill	09:45 – 10:40
Vinyasa Yoga	Cassandra	18:45 – 19:40	Vinyasa Yoga	Lyndsay	10:45 – 12:15
Pilates	Zoe	19:45 – 20:30	Ballet Barre	Caroline G	12:30 – 13:15
Wednesday			BODYBALANCE	Caroline G	16:45 – 17:40
Yogalates	Zoe	08:45 – 09:40	Hatha Yoga	Linda	18:45 – 19:30
BODYBALANCE	Zoe	09:45 – 10:30			
Pilates	Vanessa	10:45 – 11:40			
Health for Life	Margaret	11:45 – 12:40			
Dunamic Yoga	Kate Mundie	12:45 – 13:40			
Latin Music and Dance	Albane	16:45 – 17:30			
BODYBALANCE	Rachel	17:45 – 18:40			
Pilates	Gill	18:45 – 19:40			
Thursday					
Hatha Yoga	Louisa	09:45 – 11:15			
Pilates	Lyn	11:30 – 12:25			
BODYBALANCE	Sarah MA	12:30 – 13:15			
Meditation & Relax	Barbara	13:45 – 14:40			
Pilates	Gill	14:45 – 15:30			
Restorative Pilates	Sarah M	17:30 – 18:25			
Pilates	Sarah M	18:45 – 19:40			

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App. You can also view and take part in our The Lensbury at Home workouts on-demand from the comfort of your own home.

Please ensure you bring water with you to your class.



THE LENSBURY





# Hi-Energy Class Schedule

THE LENSBURY

## Monday

Functional Blast	Lisa H	06:30 – 07:15
BODYCOMBAT	Ruby	08:30 – 09:15
LAPZ (Outdoors)	Fitness Team	09:15 – 10:00
BODYPUMP	Sarah MA	09:30 – 10:25
CORE (Les Mills)	Lisa H	10:45 – 11:15
Cardio Tone	Jos	11:30 – 12:25
BODYBALANCE	Lyn	12:45 – 13:40
BODYPUMP	Honor	13:45 – 14:30
Dance Fitness (NEW)	Mark	18:30 – 19:15

## Tuesday

Functional Blast	Lisa H	06:30 – 07:15
BODYPUMP (NEW)	Jos	08:30 – 09:25
Body Conditioning	Jos	09:30 – 10:15
BODYATTACK	Rachel	10:30 – 11:25
Zumba	Tania	11:30 – 12:25
BODYPUMP	Mandy	12:30 – 13:25
CORE (Les Mills)	Joanne	18:30 – 19:00
BODYPUMP	Joanne	19:15 – 20:10

## Wednesday

Functional Blast	Patrick	06:30 – 07:15
Hi Energy	Mariya	08:30 – 09:15
BODYPUMP	Lyn	09:30 – 10:15
LBT	Mariya	10:30 – 11:25
Top to Toe	Mariya	11:30 – 12:15
CORE (Les Mills)	Lisa H	12:30 – 13:00
Dance Motivation	Pauline	13:15 – 14:00
BODYPUMP	Patrick	14:30 – 15:15
Zumba	Tania	18:30 – 19:15
BODYPUMP (NEW)	Hamid	19:45 – 20:30

## Thursday

BODYPUMP	Kirsty	06:30 – 07:15
Functional Blast	Fitness Team	07:30 – 08:15
Body Conditioning	Jos	08:30 – 09:15
Step	Jos	09:30 – 10:25
BODYCOMBAT	Honor	10:30 – 11:25
Zumba	Emma	11:30 – 12:25
Dynamic Sculpt	Emma	12:30 – 13:15
BODYPUMP	Christine	18:30 – 19:25

## Friday

Functional Blast	Patrick	06:30 – 07:15
Cardio Tone	Jos	08:30 – 09:15
BODYPUMP	Jos	09:30 – 10:25
BODYATTACK	Rachel	10:30 – 11:25
Dance Motivation	Pauline	12:30 – 13:25

## Saturday

BODYPUMP	Lyn	07:30 – 08:15
BODYPUMP	Lara	08:35 – 09:20
Outdoor Bootcamp	Julia	09:00 – 10:00
Zumba	Emma	09:30 – 10:15
BODYPUMP	Joanne	10:30 – 11:25
CORE (Les Mills)	Lisa H	11:45 – 12:30

## Sunday

Functional Blast	Fitness Team	08:00 – 08:45
BODYPUMP	Joanne	09:15 – 10:10
BODYATTACK	Rachel	10:30 – 11:25
Freestyle Pump (TIME CHANGE)	Dan	17:45 – 18:30
Movement & Mobility (TIME CHANGE)	Dan	18:45 – 19:30

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App. You can also view and take part in our The Lensbury at Home workouts on-demand from the comfort of your own home.

Please ensure you bring water with you to your class.



THE LENSBURY





THE LENSBRURY

## Cycle Studio Class Schedule

Monday			Friday		
Studio Cycling	Sarah MA	10:45 – 11:30	Studio Cycling	Petra	09:45 – 10:30
Studio Cycling	Hazel	12:45 – 13:30	Studio Cycling	Patrick	10:45 – 11:30
Studio Cycling	Julie	18:45 – 19:30	Saturday		
Tuesday			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Susanna	10:45 – 11:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Susanna	11:45 – 12:30	Studio Cycling	Rachel	09:45 - 10:30
Studio Cycling (TIME CHANGE)	Lara	18:30 – 19:15	Studio Cycling	Rachel	10:45 – 11:30
Wednesday			Sunday		
Studio Cycling	Petra	06:45 – 07:30	Studio Cycling	Sarah MA	08:45 – 09:30
Studio Cycling	Elsa	09:45 – 10:30	Studio Cycling	Sarah MA	09:45 – 10:30
Studio Cycling	Hamid	18:45 – 19:30			
Thursday					
Studio Cycling	Patrick	09:45 – 10:30			
Studio Cycling	Patrick	10:45 – 11:30			
Studio Cycling	Rachel	17:45 – 18:30			
Studio Cycling	Rachel	18:45 – 19:30			



THE LENSBRURY

## Aqua Class Schedule

Monday		
Aqua	Vanessa	10:00 – 11:00
Tuesday		
Aqua	Gabor	10:00 – 11:00
Wednesday		
Aqua	Petra	10:00 – 11:00
Thursday		
Aqua	Susan	10:00 – 11:00
Friday		
Aqua	Deimante	10:00 – 10:45
Aqua	Deimante	11:00 – 11:45

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App. You can also view and take part in our The Lensbury at Home workouts on-demand from the comfort of your own home.



THE LENSBRURY



**Monday**

Junior Cardio Blast (7 – 9 years old)	Fitness Team	17:00 – 17:30
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:30 – 18:00
Teen Strength (13+)	Fitness Team	18:00 – 18:30

**Tuesday**

Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

**Wednesday**

Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

**Thursday**

Football	TBC	TBC
----------	-----	-----

**Friday**

Young Yogi's (7 – 13yrs)	Cheryl	16:45 – 17:30
Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

**Saturday**

Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

**Sunday**

Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

Join for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App.





THE LENSBRURY

## Weirbank Reformer Pilates Schedule – Extra Classes Added

Monday			Friday		
Reformer Pilates	Felicity	07:45 – 08:30	Beginner Reformer Pilates	Felicity	07:45 – 08:30
Beginner Reformer Pilates	Felicity	08:45 – 13:30	Reformer Pilates	Gill	12:00 – 12:45
Beginner Reformer Pilates	Gill	19:00 – 19:45	Saturday		
Tuesday			Reformer Pilates (NEW)	Zoe	09:30 – 10:15
Beginner Reformer Pilates	Zoe	07:45 – 08:30	Beginner Reformer Pilates (NEW)	Zoe	10:30 – 11:15
Reformer Pilates	Vicky	08:45 – 09:30	Sunday		
Beginner Reformer Pilates	Vicky	09:45 – 10:30	Beginner Reformer Pilates	Felicity	10:00 – 10:45
Beginner Reformer Pilates	Vicky	12:00 – 12:45	Reformer Pilates	Felicity	11:00 – 11:45
Wednesday					
Reformer Pilates (TIME CHANGE)	Zoe	11:00 – 11:45			
Reformer Pilates	Vicky	12:00 – 12:45			
Beginner Reformer Pilates	Vicky	13:00 – 13:45			
Beginner Reformer Pilates	Vicky	17:45 – 18:30			
Reformer Pilates	Gill	20:00 – 20:45			
Thursday					
Reformer Pilates	Kate G	07:45 – 08:30			

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App.

To make the most out of your Reformer Pilates classes, we recommend booking a one-to-one Introduction to Reformer session prior to attending your first beginner reformer class.



THE LENSBRURY

