



BROCKWELL LIDO

HEALTH • VITALITY • WELLBEING

Class Timetable

MONDAY

Start	Finish	Studio	Class	Instructor	Level
07.00	07.45	2	Body Pump	Lucille	All
10.00	11.00	2	Pilates	Klara	Int/Adv
10.00	11.30	3	Hatha Yoga*	Nigel	All
11.00	12.00	2	Swiss Ball	Klara	All
12.00	13.00	2	50+ Keep Fit	Li-Leng	All
12.00	13.30	3	Pregnancy Yoga*	Sitaram	All
12.15	13.15	1	Aerotone	Theo	All
13.30	15.00	3	Post Natal Yoga*	Sitaram	All
18.00	18.30	Spin	Express Spin	James A	All
18.30	19.30	1	Ultimate Dance	Nicky	All
18.30	19.15	Spin	Spin	Mia	All
18.30	20.00	3	Hatha Yoga*	Clare	All
18.30	19.30	2	Body Pump	James A	All
19.30	20.30	2	Body Sculpt	Nicky	All
19.30	20.15	1	Box Circuit	James A	All
20.00	21.15	3	Buddhist Meditation*	Western Buddhists	All
20.30	21.55	1	Hatha Yoga*	Clare	All
20.30	21.45	2	NEW! Yoga for Beginners	Mark	All

TUESDAY

Start	Finish	Studio	Class	Instructor	Level
06.45	07.30	Spin	Spin	Sam	All
09.30	10.30	2	Pilates**	Zoe	All
10.00	10.45	1	Aerocircuit	Jacqueline	All
10.00	11.30	3	Sivananda Yoga*	Charlotte	All
10.45	11.45	2	Pilates**	Zoe	All
12.00	13.00	3	Body Combat	Hannah	All
13.00	14.00	3	Body Balance	Hannah	All
17.30	18.30	3	Contemporary Dance	Gill	All
18.30	19.30	Park	Running Club	Alexx	All
18.30	20.00	3	Yoga*	Nigel	All
18.30	19.30	1	Body Balance	Li-Leng	All
18.30	19.30	2	Total Body Conditioning	Mia	All
19.30	20.30	1	Pilates	Li-Leng	All
19.30	20.30	2	Body Pump	Mia	All
19.30	20.15	Spin	Spin	Sam	All
20.15	21.45	3	Ashtanga Yoga*	Nigel	All

WEDNESDAY

Start	Finish	Studio	Class	Instructor	Level
09.30	10.30	2	Power Pilates**	Karen	All
10.00	11.00	1	Tone & Tighten	Cherron	All
10.00	11.30	3	Yoga*	Nigel	All
12.00	13.30	3	Post Natal Yoga (6mths+)*	Sitaram	All
13.00	14.00	2	Body Pump	Karen	All
13.30	15.00	3	Post Natal Yoga (newborn-6mths)*	Sitaram	All
14.00	15.00	2	Pilates	Karen	All
15.00	16.15	3	Pregnancy Yoga*	Sitaram	All
16.30	17.15	3	Family Yoga**	Sitaram	All
18.30	19.30	3	Body Balance	Li-Leng	All
18.30	19.30	2	Body Pump	Jane	All
18.30	19.30	Spin	Spin	Katy	All
18.30	20.00	1	Yoga (Beginners)*	Julia	All
19.30	20.15	Spin	Freestyle Spin	Mia	All
19.30	20.30	2	LBT	Li-Leng	All
19.30	20.30	3	Body Combat	Hannah	All
20.15	21.45	1	Sivananda Yoga*	Charlotte	All
20.30	21.15	3	Body Jam	Hannah	All

THURSDAY

Start	Finish	Studio	Class	Instructor	Level
06.45	07.30	Spin	Freestyle Spin	Sam	All
09.30	10.30	2	Power Pilates**	Zoe	All
10.00	11.30	1	Ashtanga Yoga*	Dan	All
10.00	11.00	3	Pilates	Klara	Int/Adv
11.00	12.00	3	Swiss Ball	Klara	All
12.00	13.00	2	Pilates	Klara	Beg
12.15	13.00	1	NEW! Salsacise	Nicky	All
13.00	14.00	2	NEW! Yoga	Rachel	All
13.30	15.00	3	Post Natal Yoga*	Sitaram	All
15.00	16.30	3	Post Natal Yoga*	Sitaram	All
18.15	19.00	2	LBT	James A	All
18.30	20.00	3	Yoga*	Nigel	All
19.00	19.45	Spin	Spin	James A	All
19.00	20.00	2	NEW! Step Aerobics	Dale	All
19.00	21.00	1	Buddhist Meditation*	Western Buddhists	All
20.00	21.00	2	Body Pump	James A	All
20.15	21.15	3	Ashtanga Yoga*	Dan	All

FRIDAY

Start	Finish	Studio	Class	Instructor	Level
10.00	11.30	3	Ashtanga Yoga*	Dan	All
12.15	13.15	2	Body Pump	Katy	All
13.15	14.00	Spin	Freestyle Spin	Katy	All
18.30	19.15	Spin	Freestyle Spin	Jacqueline	All
18.30	19.30	2	Yoga	Nigel	All
19.00	20.00	1	Ballroom & Latin dance*	Carley	All
19.00	22.00	3	Balinese Energy*	Steve	All
19.30	20.30	2	Aerotone	Theo	All

SATURDAY

Start	Finish	Studio	Class	Instructor	Level
09.30	11.00	3	Ashtanga Yoga*	Dan	All
10.00	11.00	1	Pilates	Klara	Int/Adv
10.00	11.00	2	Classic Pilates**	Victoria	All
11.00	12.00	1	Swiss Ball	Klara	All
11.00	12.30	3	Sivananda Yoga*	Charlotte	All
11.30	12.30	2	Body Pump	Jane	All
12.00	13.00	1	Pilates	Klara	Beg
12.30	13.30	2	Dance Aerobics	Jane	All
13.30	14.30	2	Egyptian Belly Dance** (7 week course)	Kiera	All
14.00	15.30	3	Pre-Natal Yoga*	Sitaram	All

SUNDAY

Start	Finish	Studio	Class	Instructor	Level
10.00	11.30	2	Yoga*	Antonia	All
11.00	11.45	Spin	Freestyle Spin	Li-Leng	All
11.15	12.45	3	Yoga*	Paul	All
12.00	13.00	2	NEW! Body Balance	Li-Leng	All
14.00	15.00	3	Yoga	Paul	All
15.30	17.00	3	Yoga*	Paul	All
17.30	19.00	3	Pregnancy Yoga*	Sitaram	All

- Please bring water and a towel to your class
- Please collect a ticket for your class and hand it to the instructor
- Please arrive 5 minutes early for your class
- It is advisable to book as some classes are very popular

For more information or to book classes please call 0207 274 3088

* These classes are available to both members (£8) and non members (£10)

** These classes run during termtime only

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