



# BROCKWELL LIDO

HEALTH • VITALITY • WELLBEING

## Class Timetable

### MONDAY

Start	Finish	Studio	Class	Instructor	Level	Other
0645	0730	Spin	Spin	Sam	All	
1000	1130	3	Hatha Yoga	Nigel	All	*
1000	1100	2	Pilates	Klara	Int/Adv	
1100	1200	2	Pilates	Klara	Beg	
1200	1300	2	Studio Pump	Mishka	All	
1215	1315	3	Body Balance	Li-Leng	All	
1315	1345	Spin	Express Spin	Li-Leng	All	
1800	1830	Spin	Express Spin	James	All	
1830	1915	Spin	Spin	Mia	All	
1830	1915	1	Dance Aerobics	Yael	All	
1830	1930	2	Body Pump	James	All	
1830	2000	3	Hatha Yoga	Clare	All	*
1915	2015	1	Flamenco Dancing	Sara	Beg	*
1930	2015	2	Boxerfit	James	All	
1930	2015	Spin	Spin	Sam	All	
2015	2145	1	Buddhist Meditation	Western Buddhists	All	*
2015	2145	3	Hatha Yoga	Claire	All	*
2030	2130	2	Beginners Yoga	Mark	All	

### TUESDAY

Start	Finish	Studio	Class	Instructor	Level	Other
0700	0745	2	Body Pump	Lucille	All	
1000	1130	3	Sivananda Yoga	Charlotte	All	*
1200	1300	2	Cardio Circuit	Annamaria	All	
1300	1400	3	Dynamic Flow Yoga	Rachel B	All	
1830	1915	Spin	Spin	Mia	All	
1830	1930	2	Boxcircuit	Joshua	All	
1830	2000	3	Hatha Yoga	Nigel	All	*
1830	1930	1	Balance	Li-Leng	Int/Adv	
1930	2015	2	Total Body Conditioning	Mia	All	
1930	2030	1	Pilates	Li-Leng	All	
2015	2030	2	Pump Technique	Mia	All	
2015	2145	3	Ashtanga Yoga	Nigel	All	*
2030	2130	2	Body Pump	Mia	All	

### WEDNESDAY

Start	Finish	Studio	Class	Instructor	Level	Other
0700	0745	2	Pilates	Rachel G	Beg	
0930	1030	1	Pilates	Karen	Beg/Int	**
0930	1030	2	Cardiotone	Cherron	All	
1000	1130	3	Hatha Yoga	Nigel	All	*
1030	1115	2	Abs & Strech	Cherron	All	
1330	1500	3	Post Natal Yoga with Babies	Sitaram	All	* #
1500	1630	3	Pregnancy Yoga	Sitaram	All	* #
1600	1730	1	Flamenco Dancing (Children)	Sara	5-10yrs	*
1830	2000	3	Beginners Yoga	Paul	Beg	*
1830	1915	Spin	Spin	Katy	All	
1830	1930	2	LBT	Li-Leng	All	
1930	2030	1	Body Attack	Katy	All	
1930	2030	2	Body Balance	Li-Leng	All	
2030	2130	2	Body Pump	Katy	All	

### THURSDAY

Start	Finish	Studio	Class	Instructor	Level	Other
0700	0745	2	Chi Kung	Michael	All	
1000	1100	2	Pilates	Klara	Int/Adv	
1100	1200	2	Pilates	Klara	Beg	
1230	1330	2	LBT	Mishka	All	
1330	1500	3	Post Natal Yoga with Babies	Sitaram	All	* #
1815	1900	2	LBT	James	All	
1815	1915	1	Flamenco Dancing	Sara	High Int	*
1830	1930	3	Kicking Fit	Annamaria	All	
1900	1945	Spin	Spin	James	All	
1915	2015	1	Flamenco Dancing	Sara	Low Int	*
1930	2015	2	Step	Keziah	All	
1930	2030	3	Skipping Fit	Annamaria	Int/Adv	
2030	2130	2	Body Balance	Keziah	All	
2015	2115	1	Ashtanga Yoga	Dan	All	*

### FRIDAY

Start	Finish	Studio	Class	Instructor	Level	Other
1000	1100	2	Pilates Technique	Joanna	All	**
1000	1130	3	Ashtanga Yoga	Dan	All	*
1215	1315	2	Body Pump	Katy	All	
1315	1345	Spin	Express Spin	Katy	All	
1830	1930	1	Body Attack	Liz	All	
1830	1930	2	Hatha Yoga	Nigel	All	
1900	2100	3	Balinese Shaking	Ratu Bagus	All	*
1930	2030	2	Aerotone	Theo	All	

### SATURDAY

Start	Finish	Studio	Class	Instructor	Level	Other
0930	1100	3	Ashtanga Yoga	Dan	All	*
0930	1030	1	Pilates	Rachel G	Int/Adv	
1000	1100	2	Authentic Pilates	Victoria	All	*
1015	1100	Spin	Spin	James	All	
1030	1130	1	Swiss Ball	Rachel G	All	
1100	1200	2	Body Pump	James	All	
1100	1230	3	Sivananda Yoga	Charlotte	All	*
1130	1230	1	Pilates	Rachel G	Beg	
1200	1300	2	Latin Aero	Yanina	All	
1230	1330	1	Bollywood Kick SE24	Mishka	All	
1330	1430	2	Egyptian Belly Dancing	Kiera	All	**
1400	1800	3	Birth Preparation Yoga	Sitaram	All	*** #
1530	1615	1	Skip Kick	Craig	All	

### SUNDAY

Start	Finish	Studio	Class	Instructor	Level	Other
0930	1030	1	Zumba	Rachel G	All	
1000	1130	2	Hatha Yoga	Antonia	All	*
1100	1145	Spin	Spin	Li-Leng	All	
1115	1245	3	Yoga	Paul	All	*
1130	1245	1	Yoga for a healthy back	Antonia	All	*
1200	1300	2	Body Balance	Li-Leng	All	
1400	1500	3	Hatha Yoga	Paul	All	
1530	1700	3	Yoga	Paul	All	*
1600	1630	1	Skipping	Joshua	All	
1600	1715	2	Pregnancy Yoga Drop in	Antonia	All	*
1730	1900	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 020 7274 3088

All classes are available to both members and non members.

All classes marked with a \* are at an extra cost to members.

\* These classes are available to both members and non members

\*\* These classes run during termtime only

These classes are available to both members and non members

\*\*\* Monthly class

# Pre-booking essential - Sitaram.org