



# BROCKWELL LIDO

HEALTH • VITALITY • WELLBEING

## Class Timetable

MONDAY							THURSDAY						
Start	Finish	Studio	Class	Instructor	Level	Other	Start	Finish	Studio	Class	Instructor	Level	Other
0645	0730	Spin	Spin	Sam	All		0700	0745	2	Tai Chi	Michael	All	
0645	0745	3	Hatha Yoga	Paul	All		1000	1100	2	Pilates	Klara	Int/Adv	
1000	1100	2	Pilates	Klara	Int/Adv		1100	1200	2	Pilates	Klara	Beg	
1000	1130	3	Hatha Yoga	Nigel	All	*	1230	1330	2	LBT	Mishka	All	
1100	1200	2	Pilates	Klara	Beg		1400	1530	3	Post Natal and Baby	Sitaram	All	* #
1215	1315	3	Body Balance	Li-Leng	All		1815	1915	1	Flamenco	Sara	L/Int	*
1230	1330	2	Studio Pump	Mishka	All		1815	1900	2	LBT	James	All	
1315	1345	Spin	Express Spin	Li-Leng	All		1830	1930	3	Kicking Fit	Annamaria	All	
1800	1830	Spin	Express Spin	James	All		1900	1945	Spin	Spin	James	All	
1830	1915	Spin	Spin	Mia	All		1915	2015	1	Flamenco	Sara	H/Int	*
1830	1915	1	Dance Aerobics	Yael	All		1930	2015	2	Step	Keziah	All	
1830	1930	2	Body Pump	James	All		1930	2030	3	Skipping Fit	Annamaria	All	
1830	2000	3	Hatha Yoga	Clare	All	*	2015	2115	1	Astanga Yoga	Dan	All	*
1915	2015	1	Flamenco Dancing	Sara	Beg	*	2030	2130	2	Body Balance	Keziah	All	
1930	2015	Spin	Spin	Sam	All								
1930	2015	2	Boxerfit	James	All								
2015	2145	3	Hatha Yoga	Clare	All	*							
2030	2130	2	Beginners Yoga	Mark	Beg								
TUESDAY							FRIDAY						
Start	Finish	Studio	Class	Instructor	Level	Other	Start	Finish	Studio	Class	Instructor	Level	Other
0700	0745	2	Body Pump	Lucille	All		0645	0730	Spin	Spin	Laura	All	
1000	1100	2	Pilates	Rachel G	All		1000	1115	3	Astanga Yoga	Dan	All	*
1000	1130	3	Sivananda Yoga	Charlotte	All	*	1215	1315	2	Body Pump	Katy	All	
1100	1200	2	Zumba	Rachel G	All		1315	1345	Spin	Express Spin	Katy	All	
1200	1300	2	Circuits	Annamaria	All		1830	1930	1	Body Attack	Elizabeth	All	
1300	1400	3	Dynamic Flow Yoga	Rachel B	All		1830	1930	1	Hatha Yoga	Nigel	All	
1830	1915	Spin	Spin	Mia	All		1900	2100	3	Balinese Shaking	Ratu Bagus	All	*
1830	1930	1	Body Balance	Li-Leng	All		1930	2030	2	Aerotone	Theo	All	
1830	1930	2	Boxcircuit	Joshua	All								
1830	2000	3	Hatha Yoga	Nigel	All	*							
1930	2030	1	Pilates	Li-Leng	Int/Adv								
1930	2015	2	Total Body Conditioning	Mia	All								
2000	2045	Spin	Spin	Samantha	All								
2015	2030	2	Pump Technique	Mia	All								
2015	2145	3	Astanga Yoga	Nigel	All	*							
2030	2130	1	Kung Fu	Fujian White Crane	All	*							
2030	2130	2	Body Pump	Mia	All								
WEDNESDAY							SATURDAY						
Start	Finish	Studio	Class	Instructor	Level	Other	Start	Finish	Studio	Class	Instructor	Level	Other
0645	0730	Spin	Spin	Laura	All		0930	1030	1	Pilates	Rachel G	Adv/Int	
0700	0745	2	Pilates	Rachel	Beg		0930	1100	3	Astanga Yoga	Dan	All	*
0930	1030	1	Pilates	Karen	Int/Adv	**	1000	1100	2	Pilates	Victoria	All	*
0930	1030	2	Cardio Tone	Cherron	All		1000	1045	Spin	Spin	James	All	
1000	1130	3	Hatha Yoga	Nigel	All	*	1030	1130	1	Swiss Ball	Rachel G	All	
1030	1115	2	Abs and Stretch	Cherron	All		1100	1200	2	Body Pump	James	All	
1330	1500	3	Post Natal and Baby Yoga	Sitaram	All	* #	1100	1230	3	Sivananda Yoga	Charlotte	All	*
1600	1700	3	Pregnancy Yoga	Sitaram	All	* #	1130	1230	1	Pilates	Rachel G	Beg	
1545	1645	2	Youngstars	John	3-7 years	**	1200	1300	2	Latin Aero	Yanina	All	
1600	1630	1	Flamenco Dancing	Sara	5-8 years	**	1230	1330	1	Bollywood Kick	Mishka	All	
1630	1730	1	Flamenco Dancing	Sara	8-13years	**	1300	1330	3	Diverse Dance	Diverse Dance Studio	All	**
1830	1915	Spin	Spin	Katy	All		1330	1500	1	Diverse Dance	Diverse Dance Studio	All	**
1830	1930	1	Flamenco Dancing	Sara	Improvers*		1330	1430	2	Egyptian Belly Dancing	Kiera	Beg	**
1830	1930	2	LBT	Li-Leng	All		1430	1530	3	Tae Kwando	Craig	All	**
1830	2000	3	Hatha Yoga	Paul	Beg/Imp	*	1445	1545	2	Egyptian Belly Dancing	Kiera	Improvers**	
1930	2030	1	Body Balance	Li-Leng	All		1530	1630	3	Skip Kick	Craig	All	
1930	2030	2	Body Attack	Katy	All								
2000	2100	3	Latin Aero	Yanina	All								
2030	2130	2	Body Pump	Katy	All								
SUNDAY													
Start	Finish	Studio	Class	Instructor	Level	Other	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	Hatha Yoga	Paul	All	*							
1200	1300	1	Body Balance	Li-Leng	All								
1200	1300	2	Yoga for a Healthy back	Antonia	All	*							
1400	1500	3	Hatha Yoga	Paul	All								
1530	1700	3	Hatha Yoga	Paul	All	*							
1600	1630	1	Skipping	Joshua	All								
1600	1715	2	Pregnancy Yoga	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

^ drop in class

# Pre-booking essential - Sitaram.org