

● = New Class ● = New Time or Location
 ● = New Instructor 🟡 = Available on Zoom

THE HOGARTH CLUB

7th September - 23rd December 2026

MONDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
06:45 - 07:45	Group Cycle	Dean	Studio 1	Advanced	
08:15 - 09:00	HIIT*	Alex	Studio 3	General	
08:45 - 09:45	Iyengar Yoga	Jackie	Studio 2	General	🟡
09:00 - 09:45	BODYPUMP HEAVY™*	Venus	Studio 1	General	
09:15 - 10:00	HIIT*	Alex	Studio 3	General	
10:00 - 11:00	Pilates	Farzin	Studio 2	Int/Adv	🟡
10:00 - 10:45	Group Cycle*	Terry	Studio 1	General	
10:15 - 11:00	Body Sculpt	Heather	Studio 3	General	
10:05 - 10:55	Aqua Aerobics	Ris	Pool	General	
11:00 - 11:45	Body Conditioning*	Simone	Studio 1	General	
12:00 - 12:45	HIIT*	Terry	Studio 3	General	
12:00 - 13:00	Danceworks	Alison	Studio 1	General	
13:05 - 14:05	Stretchworks	Alison	Studio 1	General	
14:00 - 15:00	Pilates Clinic	Jenni	Studio 2	Beg/General	🟡
15:15 - 16:15	Pilates	Marina	Studio 2	General	🟡
16:30 - 17:30	Pilates	Marina	Studio 2	Intermediate	🟡
18:30 - 19:15	Zumba*	Gary	Studio 1	General	
19:00 - 20:00	Hatha Yoga*	Laura	Studio 2	General	🟡
19:30 - 20:30	METCON	Joe J	Studio 1	General	
20:00 - 21:00	Pilates*	Laura	Studio 2	General	🟡

TUESDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
06:45 - 07:45	BODYPUMP™	Dean	Studio 1	General	
07:00 - 08:00	Hatha Yoga	Karen	Studio 2	General	🟡
08:15 - 09:15	Pilates	Farzin	Studio 2	General	🟡
09:30 - 10:30	BODYPUMP™*	Venus	Studio 1	General	
09:30 - 10:30	Legs, Bums & Tums	Heather	Studio 2	General	
10:15 - 11:00	Aqua Dance	Farzin	Pool	General	
10:45 - 11:45	Hatha Yoga Flow	Tallulah	Studio 2	General	🟡
10:45 - 11:30	DanceFit*	Venus	Studio 1	General	
12:00 - 13:00	Advanced Stretchworks	Alison	Studio 1	Advanced	
12:00 - 13:15	Tai Chi	Yuka	Studio 2	General	🟡
13:05 - 14:05	Stretchworks	Alison	Studio 1	General	
13:30 - 14:30	Pilates	Marina	Studio 2	General	🟡
14:45 - 15:45	Pilates	Marina	Studio 2	Intermediate	🟡
16:00 - 17:00	Pilates	Marina	Studio 2	General	🟡
18:30 - 19:15	HIIT*	Alex	Studio 3	General	
18:30 - 19:15	Aqua Aerobics*	Simone	Pool	General	
18:30 - 19:15	Group Cycle	Dean	Studio 1	General	
18:45 - 19:45	Yin Yoga	Raimonda	Studio 2	General	🟡
19:30 - 20:15	Body Conditioning*	Simone	Studio 1	General	
20:00 - 21:00	Sound Bath	Raimonda	Studio 2	General	
20:30 - 21:00	Night-Owl Cardio Blast*	Simone	Studio 1	General	

WEDNESDAY

TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
07:00 - 08:00	Yin Yoga	Raj	Studio 2	General	🟡
08:00 - 08:45	Group Cycle*	Alex	Studio 1	General	
09:00 - 10:00	Pilates	Farzin	Studio 2	General	🟡
09:00 - 09:45	HIIT*	Alex	Studio 3	General	
09:15 - 10:00	Group Fight®*	Venus	Studio 1	General	
10:00 - 10:45	Body Sculpt	Heather	Studio 3	General	
10:15 - 11:15	Advanced Stretchworks	Alison	Studio 1	Advanced	
10:15 - 11:00	H2O	Farzin	Pool	General	
10:50 - 11:50	Yoga Flow	Heather	Studio 2	General	
11:20 - 12:20	Danceworks	Alison	Studio 1	General	
12:00 - 13:00	Pilates	Marina	Studio 2	General	🟡
12:15 - 13:00	HIIT	Joe	Studio 3	General	
12:30 - 13:30	BODYPUMP HEAVY™*	Venus	Studio 1	General	
13:00 - 14:00	Core Cocktail	Michaela	Studio 2	General	🟡
13:40 - 14:40	Stretchworks	Alison	Studio 1	General	

Please Note: Junior members may only attend classes marked with an asterisk * (this may not include cover instructors)

WEDNESDAY (CONTINUED)	14:00 - 15:15	Somatic Slow Flow Yoga	Michaela	Studio 2	General	
	15:30 - 16:30	Pilates	Marina	Studio 2	General	
	18:30 - 19:15	Zumba*	Gary	Studio 1	General	
	19:00 - 20:00	Calisthenics Fundamentals*	Milos	Studio 3	Beginner	
	20:00 - 21:00	Pilates Fundamentals*	Angeliki	Studio 2	Beginner	
	20:00 - 21:00	Calisthenics Challenge*	Milos	Studio 3	Advanced	
THURSDAY	TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
	06:45 - 07:30	BODYPUMP HEAVY™*	Venus	Studio 1	General	
	07:00 - 08:00	Hatha Yoga	Karen	Studio 2	General	
	08:15 - 09:15	Pilates Sculpt	Farzin	Studio 2	General	
	09:00 - 09:45	Group Cycle*	Terry	Studio 1	General	
	09:15 - 10:00	H2O	Peter	Pool	General	
	10:00 - 11:00	Yoga Barre	Karen	Studio 2	General	
	10:00 - 10:45	50/50*	Simone	Studio 1	General	
	11:00 - 11:45	BODYPUMP™	Sophie	Studio 1	General	
	11:00 - 11:45	Aqua Aerobics*	Simone	Pool	General	
	11:05 - 12:05	Hatha Yoga	Karen	Studio 2	General	
	12:00 - 12:45	DanceFit*	Venus	Studio 1	General	
	12:30 - 13:45	Tai Chi	Yuka	Studio 2	General	
	13:00 - 14:00	Stretchworks	Alison	Studio 1	General	
	14:00 - 15:00	Pilates	Shanti	Studio 2	General/Int	
	14:15 - 15:00	Calisthenics*	Milos	Studio 3	General	
	15:00 - 16:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	
	18:30 - 19:15	Move & Groove	Ellie	Studio 1	General	
	18:45 - 19:45	Pilates	Jenni	Studio 2	Intermediate	
	20:00 - 21:00	Hatha Yoga Slow Flow	Tallulah	Studio 2	General	
	20:00 - 21:00	Calisthenics Basics	Jill	Studio 3	Beginners	
FRIDAY	TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
	06:15 - 07:00	HIIT*	Terry	Studio 1	General	
	08:30 - 09:30	Stretch & Tone	Karen	Studio 2	General	
	09:00 - 09:45	BODYPUMP HEAVY™*	Venus	Studio 1	General	
	09:45 - 11:00	Intermediate Yoga	Michaela	Studio 2	Int/Avd	
	10:00 - 10:45	Zumba*	Gary	Studio 1	General	
	10:00 - 10:45	Aqua Aerobics*	Simone	Pool	General	
	11:00 - 11:45	Group Cycle*	Terry	Studio 1	General	
	11:15 - 12:15	Yoga Basics	Michaela	Studio 2	Beg/General	
	12:00 - 13:00	Group Fight®*	Venus	Studio 1	General	
	12:30 - 13:30	Pilates*	Laura	Studio 2	General	
	13:15 - 14:00	Group Cycle*	Terry	Studio 1	General	
	14:00 - 15:00	Pilates	Shanti	Studio 2	Beg/General	
	15:00 - 16:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	
	16:00 - 17:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	
	19:00 - 20:00	Restorative Yoga	Karen	Studio 2	Beg/General	
	TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
	08:15 - 09:15	Pilates	Shanti	Studio 2	Beginner	
	08:30 - 09:15	Group Cycle	Sunny	Studio 1	General	
SATURDAY	09:30 - 10:30	Pilates	Shanti	Studio 2	Intermediate	
	10:00 - 10:45	Hi/Lo*	Simone	Studio 1	General	
	11:00 - 12:00	Dynamic Yoga	Karen	Studio 2	General	
	11:00 - 11:45	Step*	Simone	Studio 1	General	
	12:05 - 12:50	BODYPUMP™	Mari	Studio 1	General	
	12:05 - 13:05	Yoga Barre	Karen	Studio 2	General	
	16:00 - 17:00	Power Vinyasa Yoga Flow	Samanta	Studio 2	General	
	17:15 - 18:15	Yin Yoga	Samanta	Studio 2	General	
	TIME	ACTIVITY	INSTRUCTOR	LOCATION	LEVEL	ZOOM
	09:00 - 10:00	BODYPUMP™	Dean	Studio 1	General	
SUNDAY	09:00 - 10:00	Pilates Fundamentals	Pilar	Studio 2	Beginners	
	10:15 - 11:00	Body Conditioning	Dean	Studio 1	General	
	10:15 - 11 :15	Pilates	Pilar	Studio 2	General	
	11:15 - 12:00	Hi/Lo, Core & More*	Simone	Studio 1	General	
	17:15 - 18:30	Yin Yoga & Guided Meditation	Raimonda	Studio 2	General	
	18:45 - 19:45	Sound Bath	Raimonda	Studio 2	General	

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