# Group Exercise Classes

## Summer Vacation Timetable

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>7am - 4pm</td>
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<td></td>
<td><strong>Spin</strong> 5.15-6.00pm</td>
<td><strong>Yoga</strong> 5.30-6.30pm</td>
<td><strong>Body Pump</strong> 12.15-1.00pm</td>
<td><strong>Yoga</strong> 1.00-2.00pm</td>
<td><strong>Yoga</strong> 7.30-8.30am</td>
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<td></td>
<td>Studio Mike</td>
<td>W&amp;G* 5.30-6.30pm</td>
<td>Sports Hall Dawn</td>
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<td>4pm - 9pm</td>
<td><strong>Ab Attack</strong> 6.05-6.35pm</td>
<td><strong>Legs, Bums &amp; Tums</strong> 7.00-8.00pm</td>
<td><strong>Spin</strong> 5.15-6.00pm</td>
<td><strong>Body Pump</strong> 6.30-7.30pm</td>
<td><strong>Spin</strong> 5.15-6.00pm</td>
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Please arrive 5 minutes before the class start time. Late arrivals may not be admitted.

Classes may be subject to change and may take place in a different location.

*W&G – Wedderburn & Gowar Common Room

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All classes just £3 PAYGO

Bookings can be made up to six days in advance on our online booking system

[als.royalholloway.ac.uk](http://als.royalholloway.ac.uk)
Class Descriptions

Ab Attack
30 minutes of pure abs to tone and strengthen your core

BODYATTACK™
A LES MILLS™ sport-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercise

BODYPUMP™
The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl

Legs, Bums and Tums
An easy to follow, low impact class concentrating on the Legs, Bums and Tums

Spin
A motivating class guaranteed to burn those calories in a fun, energizing cycling workout

Yoga
Hatha yoga is a relaxing exercise which focuses on stretching and improving posture while helping to focus the mind

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3 Month Membership: £55
- Fitness suite access
- Group Exercise Classes
- Active: Drop-in Sport