



ROYAL
HOLLOWAY

FITNESS



Group Exercise Classes

Summer Vacation Timetable

	7am -4pm	4pm -9pm		
Monday		Spin 5.15-6.00pm Studio Mike	Ab Attack 6.05-6.35pm Sports Hall Mike	Body Attack 6.40-7.25pm Sports Hall Craig
Tuesday		Yoga 5.30-6.30pm W&G* Alison	Legs, Bums & Tums 7.00-8.00pm Sports Hall Dawn	
Wednesday	Body Pump 12.15-1.00pm Sports Hall Dawn	Spin 5.15-6.00pm Studio Dan		
Thursday	Yoga 1.00-2.00pm Sports Hall Alison	Body Pump 6.30-7.30pm Sports Hall Washington		
Friday	Yoga 7.30-8.30am Sports Hall Chloe	Spin 5.15-6.00pm Studio Nathan		

Cardio and Conditioning
 Mind and Body
 Strength and Tone

*W&G – Wedderburn & Gowar Common Room

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

All classes just £3 PAYGO

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

als.royalholloway.ac.uk

3 Month Membership: £55

-Fitness suite access - Group Exercise Classes -Active: Drop-in Sport

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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