

Group Exercise Classes



Term 2 Timetable

	7am-4pm			4pm-9pm					
Monday	Yoga 7.30-8.30 Sports Hall Chloe			Spin 4.20-5.05 Gym Studio Mike	Body Pump 5.00-6.00 Sports Hall Dawn	Spin 5.15-6.00 Gym Studio Mike	£ Ab Attack 6.05-6.35 Sports Hall Mike	Body Attack 6.40-7.40 Sports Hall Craig	
Tuesday	Spin 7.45-8.30 Gym Studio Mike	£ HIIT training 12.30-1.00 Sports Hall Lauren		Spin 5.15-6.00 Gym Studio Rachel	Staff Yoga 5.30-6.30 W&G* Alison	Boxercise 6.00-7.00 Sports Hall Sam	Yoga 6.30-7.30 W&G* Alison	Legs, Bums & Tums 7.00-8.00 Sports Hall Dawn	Body Pump 8.00-9.00 Sports Hall Dawn
Wednesday	Pilates 7.30-8.30 Sports Hall Karen	Body Pump 11.30-12.30 Sports Hall Dawn	£ Ab Attack 12.30-1.00 Sports Hall Dawn	£ Zumba 5.00-6.00 SU Kimi	Staff Spin 5.15-6.00 Gym Studio Sara	UV Spin 6.15-7.00 Gym Studio Sara			
Thursday		Spin 12.15-13.00 Gym Studio Nathan	Yoga 1.00-2.00 Sports Hall Alison	Legs, Bums & Tums 5.00-6.00 Sports Hall Rachel	Yoga 5.30-6.30 W&G* Mark	Body Pump 6.15-7.15 Sports Hall Washington	Body Attack 7.15-8.00 Sports Hall Washington		
Friday	Yoga 7.30-8.30 W&G* Chloe	£ HIIT training 12.30-1.00 Sports Hall Lauren		£ Ab Attack 5.00-5.30 Sports Hall Nathan	Body Combat 5.30-6.30 SU Rachel	Spin 5.35-6.20 Gym Studio Nathan			
Saturday	Yoga 9.15-10.15 W&G* Mark								
Sunday					UV Spin 5.10-5.55 Studio Claire	Legs, Bums & Tums 6.00-7.00 Sports Hall Claire	£ Ab Attack 7.00-7.30 Sports Hall Claire		

Strength and Tone
 Cardio and Conditioning
 Mind and Body

Please arrive 5 minutes before the class start time. Late arrivals may not be admitted.

£ £3 for PAYGO members

*W&G – Wedderburn & Gowar Common Room

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

Bookings must be made up to six days in advance using our online booking system
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

BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burning calories

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

Boxercise

A high energy class, involving movements based on boxing

HIIT Training

30 minutes of bodyweight movements aimed at burning them calories in a half the time

Legs, Bums and Tums

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

Pilates

Consists of slow flowing movements, concentrating on balance and co-ordination. A gentle but highly effective workout to improve posture, flexibility and core strength

Spin

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

UV Spin

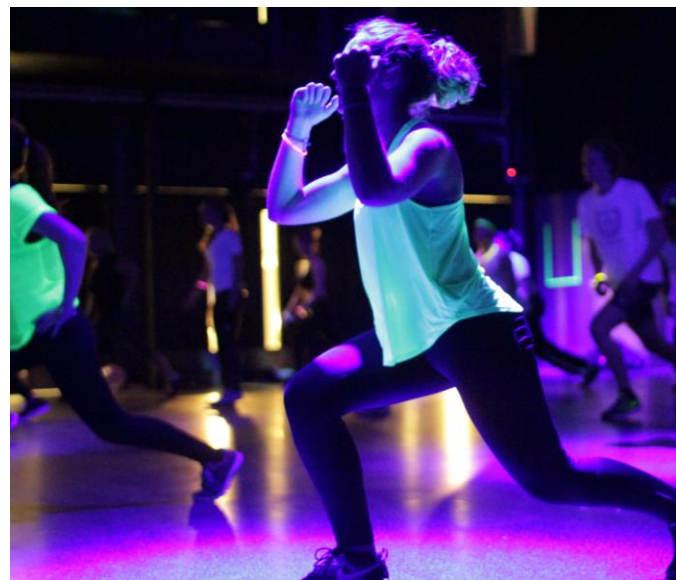
A motivating spin class under UV lights.

Yoga

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

Zumba

Ditch the workout and join the party! An exciting and dynamic fusion of fast and slow-paced rhythmic steps to Latin music



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