



Class Timetable

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<div>Spin HIIT Coach 07:30-08:00</div>	<div>Spin Coach 07:30-08:00</div>	<div>Spin Hill Climbs Coach 07:30-08:00</div>	<div>Spin Virtual World Ride 07:30-08:00</div>	<div>Spin HIIT Coach 07:30-08:00</div>		
<div>KX Kettlebells Coach 08:00-08:30</div>	<div>Spin Virtual World Ride 08:05-08:50</div>	<div>KX HIIT Coach 08:00-08:30</div>	<div>KX Core & Abs Coach 08:00-08:30</div>	<div>Spin Virtual World Ride 08:05-08:50</div>	<div>Spin Virutal World Ride 11:00-11:45</div>	<div>Spin Virutal World Ride 11:00-11:45</div>
<div>Pilates Emma 12:00-13:00</div>	<div>Insanity® Sal 12:00-13:00</div>	<div>Pilates Nickolove 12:00-13:00</div>	<div>Yoga Vinyasa Zhivka 12:00-13:00</div>	<div>Boxing Fit Sal 12:00-13:00</div>	<div>KX Circuits Joshua 11:30-12:30</div>	<div>Yoga Hatha Nina 12:30-13:30</div>
<div>Pump Blitz Sarah 13:00-14:00</div>	<div>Boxing Fit Sal 13:00-14:00</div>	<div>Zumba Aoife 13:00-14:00</div>	<div>KX Core TBC 13:00-14:00</div>			
<div>Virtual Spin World Ride 13:00-13:45</div>	<div>Spin Coach 13:00-13:30</div>	<div>Spin Coach 13:00-13:30</div>	<div>Spin Coach 13:00-13:30</div>	<div>Virtual Spin World Ride 13:00-13:45</div>	<div>Stretch and Release Coach 16:00-16:30</div>	<div>Circuits Coach 16:00-16:30</div>
<div>KX HIIT Coach 13:30-14:00</div>			<div>KX Kettlebells Coach 13:30-14:00</div>		<div>Virutal Spin World Ride 16:00-16:45</div>	<div>Virutal Spin World Ride 16:00-16:45</div>

Class Types						
<div>Yoga for All Austeja 17:30-18:30</div>	<div>KX Boot Camp Lewis 17:30-18:00</div>	<div>Body Blast Steven 17:30-18:30</div>	<div>Pilates Nickolove 17:30-18:30</div>	<div>Zumba® Marisol 17:30-18:30</div>	<div>Strength & Tone</div>	
<div>Tone N Sculpt Nickolove 18:30-19:30</div>	<div>Pump Blitz Sid 18:30-19:30</div>	<div>Dance Fusion Juan Carlos 18:30-19:30</div>	<div>Tone N Sculpt Nickolove 18:30-19:30</div>	<div>Yoga Ashtanga Austeja 18:30-19:30</div>	<div>Cardio Conditioning</div>	
<div>Spin HIIT Coach 19:00-19:30</div>	<div>Spin Virtual World Ride 19:00-19:45</div>	<div>Spin Hill Climbs Coach 19:00-19:30</div>	<div>Spin Coach 19:00-19:30</div>	<div>Spin Virtual World Ride 19:00-19:45</div>	<div>Mind & Body</div>	
<div>Zumba® Daliany 19:30-20:30</div>	<div>Yoga Dynamic Jake 19:30-20:30</div>	<div>KX Circuits Sid 19:30-20:30</div>	<div>Yoga Dynamic Jake 19:30-20:30</div>			

Book your classes up to 7 days in advance online in your members' area at kcl.ac.uk/sport

Class Descriptions

Body Blast	<div></div>	Body Blast focuses on whole body movements with weights to increase speed and power. This class will challenge your fitness and your muscular endurance with exercises you can transfer to the gym floor.
Boxing Fit	<div></div>	Boxing Fit is an invigorating class that combines elements of boxing and boxing training and which includes aerobic work, strength training, balance and timing helping you to improve your cardiovascular strength while developing a beautifully toned body.
Circuits	<div></div>	Circuits – a short and intensive workout designed to boost your muscular strength and endurance as well as your cardiovascular fitness.
Dance Fusion	<div></div>	Whether you like dancing to the latest hits in the pop charts or you love Salsa and Latin America rhythms this class has something for you. Dance Fusion is a great cardio workout where you'll burn loads of calories as you shake your booty!
KX		KX stands for King's Xtreme and is our brand of highly focused and challenging workouts.
KX Core	<div></div>	KX Core will challenge your body in a multitude of ways. Benefits include improved back strength, stronger abs, improved athletic performance and posture.
KX HIIT	<div></div>	Burn fat for longer with 30 minutes of High Intensity Interval Training. With KX30 HIIT you'll improve your strength and cardiovascular endurance with intervals of intense work interspersed with short rest periods.
KX Kettlebells	<div></div>	KX Kettlebells will help you to build strength and develop explosive power while burning fat and improving cardiovascular fitness.
KX Circuits	<div></div>	KX Circuits is a vigorous, intense full body training, that uses kettle bells, free weights, and bodyweight core training. It's designed to maximize calorie burning during your work out and for hours after!
Pilates	<div></div>	Pilates helps you to improve flexibility and strength (without adding bulk) by focusing on posture, core stability and body alignment. Classes are demanding and yet very relaxing.
Pump Blitz	<div></div>	Pump Blitz is an exciting barbell class that strengthens your entire body by using the best weight-room exercises such as squats, & presses. Plus, by using your choice of weights when working specific muscle groups you'll improve your strength, stamina and overall fitness - FAST!
Spin	<div></div>	Spin is a great low-impact form of exercise that will boost your cardio fitness while helping to tone your leg muscles. Choose from our coach-led classes or try out our Fitness-On-Demand Spin classes.
Spin HIIT	<div></div>	Spin HIIT - Basically this is High Intensity Interval Training class - spin-style. This enhanced form of interval training will help you take your spin workouts to another level.
Spin Hill Climbs	<div></div>	Just imagine you're climbing the Alps, Pyrennes or your favourite mountain range and build stamina and endurance with Spin Hill Climbs . One word describes this spin class - GRUELLING!
Stretch & Release	<div></div>	Stretch & Release will help to bring relief to your tight and sore muscles while helping you to improve your range of movement, flexibility and posture.
Tone N Sculpt	<div></div>	Tone N Sculpt is a demanding yet fun whole-body workout that's fundamentally a barbell workout but can involve other weights as well. This class will help you to tone muscles, sculpt your body, promote weight loss and boost your stamina.
Yoga for All	<div></div>	A class that is challenging and yet easy to pick up and great for all levels of ability. Yoga for All is designed to improve posture and build stamina.
Yoga - Ashtanga	<div></div>	Ashtanga Yoga physically demanding form of yoga, that will increase flexibility while strengthening and toning the body with a series of precise postures synchronized with the breath.
Yoga - Dynamic	<div></div>	Dynamic Yoga aims at improving both your cardio-vascular fitness as well as boosting your flexibility and strength. It's a playful, challenging form of yoga that incorporates the energy of <i>Ashtanga</i> with the attention to alignment of <i>Iyengar</i> .
Yoga - Hatha	<div></div>	Hatha Yoga is an energising & relaxing class where you'll practice <i>Asanas</i> (postures), <i>Pranayama</i> (breathing exercises) strengthen and rejuvenate your body. You'll improve your stamina & flexibility while creating a deep sense of well-being.
Yoga - Vinyasa	<div></div>	With Vinyasa Yoga physical movement is consciously aligned with the breath, turning static yoga postures into flowing meditative sequences, linked throughout by strength-building sun salutations.
Zumba®	<div></div>	Easy-to-follow Latin-inspired dance movements set to pulsating international dance music. Zumba is a fun way to improve your fitness while burning lots of calories!

- Strength & Tone
- Cardio Conditioning
- Mind & Body

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