

London Bridge: Pavy Studio

135 Borough High St, London SE1 1NP

Day	Class	Time	Instructor
Monday	Group Cycle: RPM	07:30 - 08:15	Fitness Coach
	Yoga	10:00 - 11:00	Britt
	Boxfit	13:00 - 13:45	Fitness Coach
	Les Mills: BODYPUMP	14:00 - 14:45	Sid
	Body Conditioning	17:30 - 18:30	Fitness Coach
	Zumba	19:00 - 20:00	Stu
Tuesday	Bootcamp	07:30 - 08:30	Harriet
	Pilates	12:00 - 13:00	Yvonne
	Group Cycle: Sprint	13:10 - 13:45	Fitness Coach
	Dancefit	14:00 - 15:00	Tatiana
	Group Cycle: RPM	17:15 - 18:00	Fitness Coach
	Les Mills: BODYPUMP	18:10 - 18:55	Janet
Wednesday	Yoga	19:00 - 20:00	Instructor
	Boxfit	07:15 - 08:15	Fitness Coach
	Pilates	09:30 - 10:20	Yvonne
	Group Cycle: RPM	13:00 - 13:45	Fitness Coach
	Gentle Yoga	14:00 - 15:00	Arral
	Women's Self Defense	17:00 - 18:00	Harold
	Pilates	18:00 - 19:00	Harold
Thursday	Group Cycle: Sprint	19:15 - 19:50	Fitness Coach
	Boxfit	07:15 - 08:00	Fitness Coach
	Body Conditioning	13:00 - 13:55	Fitness Coach
	Les Mills: PILATES	14:00 - 14:45	Elaine
	Boxfit	17:00 - 17:45	Fitness Coach
	Les Mills: BODYPUMP	18:00 - 18:45	Janet
Friday	Pilates Level 1	19:00 - 20:00	Tatiana
	Group Cycle: Sprint	07:15 - 07:50	Coach
	BeActive: Yoga (BeActive Members Only)	08:00 - 09:00	
	Pilates	12:15 - 13:00	Yvonne
	Les Mills: BODYPUMP	13:30 - 14:15	Sid
Saturday	Body Conditioning	17:15 - 18:15	Fitness Coach
	Les Mills: BODYCOMBAT	11:00 - 12:00	Fitness Coach
	Bootcamp	14:00 - 15:00	Fitness Coach

London Bridge: Gym Floor

135 Borough High St, London SE1 1NP

Day	Class	Time	Instructor
Tuesday	Lifting Class	07:30 - 08:15	Fitness Coach
Wednesday	Lifting Class	17:30 - 18:15	Fitness Coach

Strand: Studio 1

King's Sport & Wellness, Strand Gym, Studio 1
Ground Floor, 57 Aldwych, London, WC2B 4PA

Day	Class	Time	Instructor
Monday	Group Cycle: RPM	13:00 - 13:45	Fitness Coach
	Boxfit	17:30 - 18:15	Fitness Coach
	Les Mills: BODYPUMP	18:30 - 19:30	Harriet
	Studio Hire: The Argentine Tango School	20:00 - 21:30	
Tuesday	Boxfit	13:00 - 13:45	Fitness Coach
	Les Mills: BODYPUMP	14:00 - 15:00	Harriet
	Legs, Bums & Tums	17:10 - 17:55	Fitness Coach
	Move Strong	18:00 - 18:55	Yulia
	Zumba	19:00 - 20:00	Stu
	Studio Hire: The Argentine Tango School	20:00 - 21:30	
Wednesday	Group Cycle: Sprint	07:30 - 08:00	Fitness Coach
	Body Conditioning	13:00 - 14:00	Fitness Coach
	Les Mills: BODYPUMP	18:00 - 19:00	Harriet
	Group Cycle: RPM	19:15 - 20:00	Fitness Coach
	Studio Hire: The Argentine Tango School	20:00 - 21:30	
Thursday	Body Conditioning	07:30 - 08:30	Fitness Coach
	Les Mills: BODYPUMP	13:00 - 14:00	Harriet
	Step	14:00 - 15:00	Ellenna
	Group Cycle: Sprint	18:00 - 18:30	Fitness Coach
	Zumba	19:00 - 20:00	Stu
Friday	Group Cycle: Sprint	13:00 - 13:30	Fitness Coach
	Bootcamp	14:00 - 15:00	Harriet
	Boxfit	17:15 - 18:00	Fitness Coach
	Core	18:05 - 18:35	Fitness Coach
	Studio Hire: The Argentine Tango School	18:45 - 21.30	
Saturday	Legs Bums & Tums	13:00 - 13:45	Fitness Coach

Strand: Studio 2

King's Sport & Wellness, Strand Gym, Studio 2
Ground Floor, 57 Aldwych, London, WC2B 4PA

Day	Class	Time	Instructor
Monday	Pilates	07:30 - 08:30	Instructor
	Dynamic Yoga	12:00 - 13:00	Britt
	BeActive: Yoga (BeActive Members Only)	13:00 - 14:00	
	Pilates	18:00 - 19:00	Instructor
	Yoga	19:00 - 20:00	Olga
Tuesday	Pilates	14:00 - 14:55	Yvonne
	Pilates	17:30 - 18:20	Yvonne
	Studio Hire: ThisIsSalsa UK	19:00 - 21:30	
Wednesday	Yoga	13:00 - 14:00	Britt
	BeActive: Yoga (BeActive Members Only)	13:00 - 13:50	
	BeActive: Salsa	14:00 - 15:00	
	Beactive: Yoga, Soundbath & Meditation	17:00 - 18:00	
	Dancefit	18:00 - 19:00	Yuliya
	Studio Hire: The Brazilian Lambada Dance Group	19:00 - 21:30	
Thursday	Core	13:15 - 13:45	Core
	Pilates	14:00 - 15:00	Saskia
	Pilates	18:00 - 19:00	Olga
	Studio Hire: The Argentine Tango School	19:00 - 21:30	
Friday	Dynamic Yoga	08:00 - 09:00	Britt
	Pilates	13:00 - 14:00	Saskia
	BeActive: Kpop	16:00 - 17:15	
	Studio Hire: Dance Talk	18:30 - 21:30	
Saturday	Studio Hire: Step Change Studios	10:00 - 12:30	
	Studio Hire: Dance Talk	14:00 - 18:00	
Sunday	Studio Hire: The Argentine Tango School	13:00 - 16:45	

Strand: Lower Ground Studio

King's Sport & Wellness, Strand Gym,
Lower Ground Ground Floor, 57 Aldwych, London, WC2B 4PA

Day	Class	Time	Instructor
Tuesday	Core	07:30 - 08:00	Fitness Coach
Wednesday	Virtual: Les Mills BODY BALANCE	19:30 - 20:15	
Saturday	Virtual: Les Mills BODY BALANCE	10:30 - 11:15	

Strand: Women's Community Studio

King's Sport & Wellness, Strand Gym
Ground Floor, 57 Aldwych, London, WC2B 4PA

Day	Class	Time	Instructor
Wednesday	Studio Hire: Francis Bramble	13:00-14:00	

Strand: Gym Floor

King's Sport & Wellness, Strand Gym,
Lower Ground Ground Floor, 57 Aldwych, London, WC2B 4PA

Day	Class	Time	Instructor
Monday	Lifting Class	07:45 - 08:30	Fitness Coach
Wednesday	Lifting Class	16:00 - 16:45	Fitness Coach

Class Descriptions

Our classes are suitable for **all** ability levels unless stated otherwise

Class Name	Category	Description
BeActive	BEACTIVE	BeActive is a social and recreational activity programme for all students and staff at King's. These classes aren't included in the gym membership, to find out how to join the programme please visit: kcl.ac.uk/beactive
Body Conditioning	STRENGTH	Looking for a whole-body workout to improve performance? These intense, conditioning classes combine cardio, bodyweight and weighted exercises for a full-on, full body, high-energy workout, finishing with core training and stretching to complete the session.
Bootcamp	CARDIO	High-intensity interval training combining short bursts of maximum effort with brief recovery periods. Expect a mixture of cardio, strength & conditioning exercises designed to improve fitness, burn calories & build endurance.
Boxfit	CARDIO	For all levels of fitness. A whole-body workout using gloves and pad work. A mixture of short rounds consisting of boxing combinations for fantastic abs, lower body routines and mind-blowing cardio drills to help you reach your goals.
Core	STRENGTH	A short, targeted workout, designed to build strength in your abdominals, hips, and back.
Group Cycle: RPM	CARDIO	Challenge your cardiovascular endurance and lower body strength in this energetic cycling class. You'll work through changes in RPM, resistance, body position and intensity to keep you challenged throughout the workout. Expect a positive, motivating atmosphere with plenty of encouragement from your coach.
Group Cycle: Sprint	CARDIO	Get ready for a fast-paced, high-energy cycle workout designed to challenge your speed and power. Short, intense sprints are combined with recovery periods to keep you engaged and working hard. Expect motivating music and plenty of opportunities to push your limits
Dancefit	CARDIO	Is a perfect combination of simple choreography, the latest and greatest music hits, and nonstop smiling. It guarantees to not only boost your cardio fitness but your mood as well! Beginner friendly.
Legs, Bums & Tums	STRENGTH	LBT will help you to build muscle and tone up your legs, glutes, and abdominal muscles. Exercises include squats, lunges, planks, and so much more.
Les Mills: BODYCOMBAT	CARDIO	A class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it is also superb for releasing stress and improving your co-ordination.

Class Name	Category	Description
Les Mills: BODYPUMP	STRENGTH	A barbell workout for anyone looking to get lean, toned, and fit – fast. Using light to moderate weights with repetition. Instructors will coach you through the proven moves and techniques pumping out encouragement with fun, motivating music.
Les Mills: Pilates	MIND BODY	A 45-minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control.
Lifting Class	STRENGTH	This class will help to you to learn the fundamentals of weight exercises such as squats, deadlifts, rows, and bench press. This class is a great start to your weightlifting journey.
Move Strong	STRENGTH	A dynamic full-body calisthenics class for all levels. We start with a short, energising cardio warm-up, before moving into functional bodyweight exercises designed to build strength, mobility and control. Each class finishes with a relaxing cool-down and stretch. Modifications and progressions are offered throughout, so you can move at your own level while challenging yourself along the way.
Pilates	MIND BODY	Pilates allows you to build strength, control, and endurance throughout your entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.
Pilates Level 1	MIND BODY	Designed for beginners or those looking for a more gentle experience. A foundational, slow-paced session focusing on core control, correct posture and proper breathing techniques helping you to build safe, low-impact strength and body awareness.
Step	CARDIO	Break a sweat in this fun and energising cardio class. Using a step platform, learn all the moves and put them together to perform a routine to great music. Suitable for everyone, come and join the good vibes!
Women's Self Defense	MIND BODY	For all levels. Designed to build confidence and safety through practical skills, focusing on situational awareness, verbal de-escalation, and simple, effective physical techniques.
Gentle Yoga	MIND BODY	Designed for beginners or those wanting a gentle, slower paced experience. A low-impact practice focused on mindful stretching, easy breathing, and deep relaxation.
Dynamic Yoga	MIND BODY	Dynamic yoga is a lively style of yoga with fluid movement. Focusing on body awareness and involves much more dynamic asanas. The practice also focuses on the union of the mind, body, and spirit.
Yoga Foundations	MIND BODY	Great for both beginners and experienced alike. Learn the foundations of yoga practice including breathing techniques, simple poses, and flows. You can expect an emphasis on simplicity, repetition, and ease of movement.
Zumba	DANCE	A fusion of Latino and international music/dance themes which are fun and easy to do. The routines are a combination of fast and slow rhythms that tone and sculpt the body.