

London Bridge

135 Borough High St, London SE1 1NP

Studio Class Timetable

Monday

HITT (Cardio)	
Fitness Coach	07:15 - 07:45
Ab Blast	
Fitness Coach	07:45 - 08:00
Dance Fit	
Stefania	09:00 - 10:00
Studio Booking	
Fitness Coach	12:00 - 13:00
Group Cycle	
Fitness Coach	13:00 - 13:30
LES MILLS: BODYPUMP	
Sid	14:00 - 15:00
Legs, Bums & Tums	
Fitness Coach	17:15 - 17:45
Group Cycle	
Fitness Coach	18:00 - 18:30
Zumba	
Stu	19:00 - 20:00

Tuesday

Boxfit	
Fitness Coach	07:15 - 08:00
Women's Only Studio Hour	
Fitness Coach	08:00 - 09:00
Yoga Foundations	
Britt	09:00 - 10:00
Pilates	
Yvonne	12:00 - 13:00
Group Cycle	
Fitness Coach	13:00 - 13:30
LES MILLS: GRIT	
Josh	14:30 - 15:00
Intro to Weights	
Fitness Coach	17:30 - 18:00
BeActive Adidas Run	
	18:00 - 19:00
LES MILLS: BODYPUMP	
Francisca	18:00 - 19:00
LES MILLS: BODYCOMBAT	
Vera	19:00 - 20:00

Wednesday

Group Cycle	
Fitness Coach	07:30 - 08:00
Glutes & Abs	
Fitness Coach	09:00 - 09:30
Circuits	
Fitness Coach	12:00 - 12:30
Ab Blast	
Fitness Coach	12:35 - 12:50
Yoga	
Jake	13:00 - 14:00
LES MILLS: BODYCOMBAT	
Vera	14:00 - 15:00
Women's Only Studio Hour	
Fitness Coach	15:00 - 16:00
Studio Booking	
Fitness Coach	16:00 - 17:00
Glutes & Abs	
Fitness Coach	17:15 - 17:45
Pilates	
Yvonne	18:00 - 19:00
Yoga	
Mario	19:00 - 20:00
Studio Hour Coach Support	
Fitness Coach	20:00 - 21:00

Thursday

Yogalates	
Britt	07:00 - 08:00
Cardio Conditioning	
Fitness Coach	07:30 - 08:00
Group Cycle	
Fitness Coach	09:00 - 09:45
Boxfit	
Fitness Coach	13:00 - 13:45
LES MILLS: STEP	
Stefania	14:30 - 15:30
Studio Booking	
Fitness Coach	17:00 - 18:00
LES MILLS: BODYATTACK	
Nathan	18:00 - 18:45
Group Cycle	
Fitness Coach	19:00 - 19:45
Functional Group Training	
Fitness Coach	20:00 - 20:45

Friday

Circuits	
Fitness Coach	07:15 - 07:45
Ab Blast	
Fitness Coach	07:45 - 08:00
Women's Only Studio Hour	
Fitness Coach	09:00 - 10:00
Group Cycle	
Fitness Coach	13:00 - 13:30
LES MILLS: BODYPUMP	
Francisca	14:15 - 15:15
BeActive Open Gym	
	14:00 - 16:00
Boxfit	
Fitness Coach	17:15 - 18:00

Saturday

Group Cycle	
Fitness Coach	12:00 - 12:30
Legs, Bums & Tums	
Fitness Coach	13:00 - 13:30

Sunday

Women's Only Studio Hour	
Fitness Coach	11:00 - 12:00
Circuits	
Fitness Coach	13:00 - 13:30

CARDIO

STRENGTH

BEACTIVE

MIND BODY

OTHER

DANCE

Waterloo

Sport & Wellness Clinic

127 Stamford St, Lambeth, London SE1 9NQ

New for October 2022!
Exclusive holistic wellness sessions for our gym members at the new Sport & Wellness Clinic.

Class Timetable

Monday

Sports Psychology / Behaviour Change

Abi 10:00 - 16:00

Breathing Techniques

Katie 13:30 - 14:00

Tuesday

Physio

Shaun 15:00 - 20:00

Wednesday

Health Appraisal

SEM Students 14:00 - 17:00

Journaling

Katie 13:00 - 13:30

Thursday

Mindfulness

Katie 13:00 - 13:45

Walk & Talk

Katie 17:00 - 18:00

Friday

Physio

Archie 14:00 - 19:00

Saturday

Physio

Shaun 10:00 - 14:00

Strand: Gym Floor

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

Studio 2 Class Timetable

Monday

Tuesday

Wednesday

Thursday

Women's Weights

Fitness Coach 07:30 - 08:30

Intro to Weights

Fitness Coach 18:00 - 18:30

Friday

Saturday

Sunday

BeActive Open Gym

Gina 14:00 - 18:00

Women's Weights

Fitness Coach 12:00 - 13:00

MIND BODY

BEACTIVE

VIRTUAL

DANCE

Strand: Spin Studio

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

Spin Studio Class Timetable

Monday

Group Cycle

Fitness Coach	07:30 - 08:00
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Group Cycle

Fitness Coach	13:00 - 13:30
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Group Cycle

Fitness Coach	19:00 - 19:30
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Tuesday

Group Cycle

Fitness Coach	19:00 - 19:45
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Wednesday

Group Cycle

Fitness Coach	09:00 - 09:30
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Thursday

Themed Group Cycle

Fitness Coach	19:00 - 19:45
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Friday

Group Cycle

Fitness Coach	13:00 - 13:30
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Saturday

Group Cycle

Fitness Coach	14:00 - 14:30
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Sunday

Strand: Studio 1

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

Timetable is subject to change.

Please check the booking system for the most up to date schedule and to book your class.

Studio 1 Class Timetable

Monday

Boxfit	
Fitness Coach	12:00 - 12:30
LES MILLS: BODYPUMP	
Francesca	17:30 - 18:30
LES MILLS: BODYATTACK	
Francesca	18:35 - 19:35

Tuesday

HITT (Strength)	
Fitness Coach	09:00 - 09:30
Ab Blast	
Fitness Coach	09:35 - 09:50
Legs, Bums & Tums	
Fitness Coach	13:00 - 13:30
Glutes & Abs	
Fitness Coach	17:15 - 17:45
LES MILLS: BODYATTACK	
Nathan	18:00 - 18:45
Zumba	
Stu	19:00 - 20:00

Wednesday

Circuits	
Fitness Coach	13:00 - 13:30
Ab Blast	
Fitness Coach	13:35 - 13:50
BeActive Salsa Beginners	
Saulo	15:00 - 16:00
BeActive Salsa Improver/Intermediate	
Saulo	16:00 - 16:45
Boxfit	
Fitness Coach	18:00 - 18:45
LES MILLS: BODYPUMP	
Francisca	19:00 - 20:00

Thursday

Glutes & Abs	
Fitness Coach	09:00 - 09:30
Boxfit	
Fitness Coach	13:00 - 13:45
LES MILLS: BODYCOMBAT	
Keith	19:00 - 20:00

Friday

Boxfit	
Fitness Coach	10:00 - 10:45
HIIT Cardio	
Fitness Coach	17:15 - 17:45
Ab Blast	
Fitness Coach	17:45 - 18:00

Saturday

LES MILLS: BODYPUMP	
Francisca	10:30 - 11:30
Boxfit	
Fitness Coach	12:00 - 12:45

Sunday

CARDIO	STRENGTH	DANCE
VIRTUAL	BEACTIVE	OTHER

Strand: Studio 2

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

Studio 2 Class Timetable

Monday

BeActive Pilates

Beth 08:00 - 09:00

Yoga: Flight School

Britt 09:00 - 10:00

Yoga: Foundations

Britt 12:00 - 13:00

BeActive Yoga

Britt 13:00 - 14:00

Studio Booking

Fitness Coach 18:00 - 19:00

Yoga

Olga 19:00 - 20:00

Tuesday

Studio Booking

Fitness Coach 11:00 - 12:00

Tai Chi

Egon 12:00 - 13:00

Pilates

Yvonne 14:00 - 15:00

Yoga

Adelah 17:15 - 18:15

Wednesday

Dynamic Flow Yoga

Britt 12:00 - 13:00

BeActive Pilates

Lauren 13:00 - 14:00

Dance Fit

Stefania 19:00 - 20:00

Thursday

BeActive Hatha Yoga

Chang 08:00 - 09:00

BeActive Gymnastics

Laura 13:00 - 14:00

Contemporary Dance

Mariana 17:15 - 18:15

Pilates

Mariana 18:30 - 19:30

Friday

Yoga (Stretch & Restore Flow)

Britt 09:00 - 10:00

Barre

Pauline 13:00 - 14:00

Studio Booking

Fitness Coach 16:00 - 17:00

BeActive Pilates

Gina 17:30 - 18:30

MIND BODY

BEACTIVE

VIRTUAL

DANCE

Strand: Studio 3

King's Sport Strand Gym, Studio 3, Ground Floor, 57 Aldwych
London WC2B 4PA

Timetable is subject to change.

Please check the booking system
for the most up to date schedule
and to book your class.

Studio 3 Class Timetable

Monday

Women's Only Studio Hour

Fitness Coach	09:00 - 10:00
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Wednesday

Women's Only Studio Hour

Fitness Coach	20:00 - 21:00
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Thursday

Cardio Conditioning

Fitness Coach	07:30 - 08:00
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Women's Only Studio Hour

Fitness Coach	15:00 - 16:00
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Sunday

Women's Weights

Fitness Coach	12:00 - 13:00
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VIRTUAL

OTHER

Class descriptions

Our classes are suitable for **all** ability levels.

BeActive Student|Staff

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

Barre

Ballet-inspired moves with elements of Pilates, Dance, Yoga, and Strength Training. Barre engages muscles you wouldn't normally target—With high-reps and low-impact movements. No ballet experience required. t

Contemporary Dancing

Incorporating elements of Jazz, Ballet and modern dance, Contemporary is an exciting fusion which allows students to work through expressive routines.

Zumba

A fusion of Latino and international music/ dance themes which are fun and easy to do. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Yoga

This class incorporates yoga postures, gentle movement sequences and breath work. Increase flexibility and strength throughout your body.

Yoga: Foundations

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.

Dance Fit

Dance your way to fitness with this aerobic workout that incorporates many different styles into simple choreography for an invigorating, fast pace, and fun workout.

Pilates

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.

Yogalates

A mixture of Pilates and yoga. This workout will increase your core strength, improve posture, and increase flexibility.

Yoga: Flight School

A class of two halves, 30 minutes of dynamic flow (preparing for an arm balance/inversion of the week) followed by 30 minutes of a workshop style breakdown of inversions in different stages. This session will be filled with strength, energy, and fun.

CARDIO

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Group Cycle

Cycle confidently with this exercise class designed for those wanting to learn the correct technique as well as get a fun, effective workout. The coach will go over bike positions, RPM, and intensity levels. Catering to all abilities.

Ab Blast

A targeted, fast class that engages your abdominals, obliques, lower back, and pelvic floor to build overall core strength.

HIIT: Strength

HIIT is a high intensity interval workout aimed at targeting the whole body. It uses a combination of bodyweight and weighted exercises to improve your strength. This class is suitable for all abilities.

Functional Group Training

Join this 45-minute small group training class in the studio. Working out with a maximum of four people allows the coach to devote more time to individual form, technique, and safety. Allowing you to get the best out of your workout.

Legs Bums & Tums

LBT class 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: BODYATTACK

A high-energy, athletic workout focused on cardio fitness, stamina, and agility. Combining movements like running, lunging, and jumping with strength exercises such as push-ups and squats.

Boxfit

An energetic 45-minute class that uses a combination of cardio exercises alongside boxing drills to give you a full body workout. The class is suitable for all levels with equipment being provided.

HIIT: Cardio

HIIT is a high intensity interval workout aimed at targeting the whole body. It uses a combination of bodyweight and weighted exercises to improve your cardiovascular fitness, agility, and speed. This class is suitable for all abilities.

Circuits Training

A form of interval training, involving a mix of high intensity cardio and strength. Move around the room trying different exercises and activities that are fun, fast and varied.

Glutes & Abs

Want to work on your core muscles? This quick-fire, high-energy class will get your glutes and abs working hard by focusing on exercises that are targeted to work your lower body and feel the burn.

LES MILLS: BODYPUMP

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: BODYCOMBAT

BODYCOMBAT is a high-energy martial arts-inspired workout that is non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

LES MILLS: GRIT

Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

Women's Only hour

Friendly, supportive space for women to workout in the gym studio for the hour.

Women's Weights

A class designed to teach weight training for beginners to women. Learn how to lift weights with good technique, with correct rest, sets and reps. To meet your fitness goals.

LES MILLS: BODYSTEP

A full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs.

Studio Hour Coach Support

Workout in the studio with one of the gym coaches on hand throughout to give you technique advice, support, and tips to improve your training.

Intro to Weights

This class will help to you to learn the fundamentals of weight exercises such as squats, deadlifts, rows, and bench press. This is a great start to your weightlifting journey.

**KING'S
SPORT &
WELLNESS**