

# Group Exercise Timetable: 14 April 2017 – 17 April 2017

## Easter Weekend Timetable



**London  
South Bank  
University**

**Academy of  
Sport**

Friday 14	Saturday 15	Sunday 16	Monday 17
1.10 - 1.55pm <span style="color: green;">■</span> <b>Circuits</b> 45 mins / AOS Team / DS	11.10 - 11.55pm <span style="color: green;">■</span> <b>Kettlebells</b> 45 mins / Ibrahim / DS	11 - 12pm <span style="color: green;">■</span> <b>Women's Only</b> 60 mins / Brenda / FS	12.10 - 12.55pm <span style="color: green;">■</span> <b>Circuits</b> 45 mins / AOS Team / DS
11 - 3pm <span style="color: green;">■</span> <b>FTZ Free Time</b> 120 mins / AOS Team / DS	1 - 5.55pm <span style="color: green;">■</span> <b>FTZ Free Time</b> 120 mins / Ibrahim / FTZ	1 - 1.55pm <span style="color: green;">■</span> <b>FTZ Body Blast</b> 55 mins / DO / FTZ	11 - 3pm <span style="color: green;">■</span> <b>FTZ Free Time</b> 120 mins / AOS Team / DS
		6 - 8pm <span style="color: green;">■</span> <b>No Strings Badminton</b> 120 mins / AOS Team / SH	
		2 - 5.55pm <span style="color: green;">■</span> <b>FTZ Free Time</b> 120 mins / AOS Team / DS	

**How we monitor low capacity classes:**  

 We are monitoring all classes using the Traffic Light System – a tool used to recognise, track and recover those classes that are low in capacity over an 8 week period.  
■ **Red** – Class may be coming off on the next publicised timetable if attendance does not improve, or receive action such as new time or instructor ■ **Amber** – Class low in capacity ■ **Green** – Class ok at present

**Additional Information**  
 – Classes are free for Platinum, Gold and Bronze members and £7 for Silver and non-members.  
 – A ticket must be purchased from the Academy of Sport reception desk prior to the start of each class and handed to the instructor.

**To book please call the  
Academy of Sport Reception  
on 020 7815 7812**

**Key :**  
 SS: Spin Studio  
 DS: Dance Studio  
 FTZ: Functional Training Zone  
 FS: Fitness Suite  
 SH: Sports Hall

## Class Descriptions

**Belly Dance:** Calorie burner through learning the traditional famous belly dance.

**Boxing:** Intense fitness session incorporating boxing techniques.

**Circuits:** Intense all over body workout with a mixture of resistance and cardio exercises.

**HIIT:** High Intensity Interval Training – intense exercise burts. Short breaks. Maximum results!

**Kettlebells:** Calorie burning, strengthening and toning for the whole body.

**LBT:** Calorie burning toning session targeting legs, bums and tums.

**MMA:** Calorie burner using mixed martial arts.

**Muay Thai:** The 'Art of Eight Limbs' use of punches, kicks, elbows, and knee strikes. The best explosive, power and speed exercises. Improve your strength, power, endurance and stamina.

**Pilates:** A system of controlled exercises that engage the mind and condition the body.

**Sculpt and Abs:** Core strengthening and toning session using a variety of different core exercises.

**Seniors Gym:** A supervised gym session in the Fitness Suite for over 50's.

**Spin and Express Spin:** Cycle-based high intensity calorie burn.

**Staff Yoga:** Exclusive yoga session for LSBU staff. A valid LSBU Staff access card must be presented at the Academy of Sport reception to be able to attend.

**Step and Tone:** Aerobics using a step platform to increase intensity and add variety.

**TBC:** Total body conditioning, full body fat burner.

**No Strings Badminton:** Fun badminton session open to everyone.

**Ultimate Fitness:** Unique class perfect for calorie burning to music.

**Womens Only:** A supervised gym session in the Fitness Suite, exclusively for women.

**Yoga:** Holistic class working on core strength, balance, flexibility and toning.

### FTZone Classes

**FTZ Fitness Unleashed:** An intense total body workout to improve overall fitness.

**FTZ Totality Fitness:** Combines cardio strength elements, integrating full body shred and strength gains.

**FTZ Body Blast:** An intense, functional, full body circuit class designed to blast off fat!

**FTZ Monster Monday:** Bring out the beast and combat the Monday blues in this fast paced circuits based class.

**FTZ Free Time:** Use of the FTZ is opened up to all platinum, gold and silver members (or £6 for bronze or non-members).

**FTZ classes are included in Platinum Memberships, or at a cost of £9 each.**

## Contact us



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### Correspondence Address

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103 Borough Road  
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### Opening hours

Monday – Friday: 7am – 10pm  
Saturday & Sunday: 10am – 8pm

*The last admission for the fitness areas is 30 minutes before closing.*

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