

Group Exercise Timetable: 1 November – 30 November 2018



London
South Bank
University

Academy of
Sport

Box Africa session starting Tuesday, all donations made will support the Naturally Africa Project 2019. For more information please speak to a member of staff.

Monday	Tuesday	Wednesday	Thursday	Friday
11 – 12pm ■ Women's Only 60 mins / Jaqui / FS	7 – 9am ■ FTZ Free Time 120 mins / AOS Team / FTZ	1 – 1.55pm ■ Zumba 55 mins / Syreeta / DS	7 – 9am ■ FTZ Free Time 120 mins / AOS Team / FTZ	12.10 – 12.55pm ■ Yoga 45 mins / Helen / DS
12.10 – 12.55pm ■ HIIT 45 mins / AOS Team / DS	7.30 – 8.15am ■ Spin 45 mins Helen/Teema / SS	5.10 – 5.55pm ■ HIIT 45 mins / Ibrahim / DS	9.30 – 10.30am ■ Seniors Gym 60 mins / AOS Team / FS	1.10 – 1.55pm ■ HIIT 45 mins / AOS Team / DS
1.10 – 1.55pm ■ Yoga 45 mins / Alison / DS	9.30 – 10.30am ■ Seniors Gym 60 mins / AOS Team / FS	6 – 6.55pm ■ Muay Thai 55 mins / Kes / DS	12 – 12.55pm ■ MMA 55 mins / Kes / DS	5 – 5.55pm ■ Zumba 55 mins / Syreeta / DS
5.10 – 5.55pm ■ Strong Body 45 mins / Team / DS	12 – 2pm ■ No Strings Badminton 120 mins/AOS Team/SH	6 – 6.55pm ■ Total FTZ 55 mins / Louis / FTZ	12 – 2pm ■ No Strings Badminton 120 mins/AOS Team/SH	7 – 7.55pm ■ Muay Thai 55 mins / Kes / DS
6 – 6.55pm ■ Pilates 55 mins / Daniella / DS	12.10 – 12.40pm ■ Metafit 30 mins / Tim / FTZ	8 – 9.30pm ■ Grapple Zone 90 mins / Tommy / FTZ	1.10 – 1.40pm ■ Metafit 30 mins / Tim / FTZ	
6 – 6.55pm ■ Total FTZ 55 mins / Aderito / FTZ	1.10 – 1.55pm ■ LSBU Staff Yoga 45 mins / AOS Team / DS		5.10 – 5.55pm ■ Yoga 45 mins / Emily / DS	
8 – 9.30pm ■ Total MMA 90 mins / Tommy / FTZ	5 – 5.55pm ■ Box Africa 55 mins / Louis / DS		6.10 – 6.55pm ■ Strong Body 45 mins / Viv / DS	
	6.10 – 6.55pm ■ Strong Body 45 mins / Nadia / DS		8 – 9.30pm ■ Power Pads 90 mins / Tommy / FTZ	
Saturday	Sunday	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 4 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		
11 – 11.55am ■ Just Dance 55 mins / Nancy / DS	11 – 12pm ■ Women's Gym 60 mins / Jaqui / FS			

Key:

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

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.
- FTZ classes are included in Platinum Memberships only, £9 charge applicable to all other membership types

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

Class Descriptions

Cardio

Just Dance: Diverse, funky and fun. Dance your way to a fitter you.

No Strings Badminton: Fun badminton session open to everyone.

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

Zumba: A mixture of low-intensity and high-intensity moves for a calorie-burning dance fitness party

Self-Defence

Muay Thai: The 'Art of Eight Limbs' use of punches, kicks, elbows, and knee strikes. Improve your strength, endurance and stamina.

MMA: Calorie burner using mixed martial arts.

Mind and Body

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

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.

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

Strength

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

Strong Body: Calorie burning, strengthening and toning for the whole body.

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

Women's Gym Session: A supervised gym session in the Fitness Suite, exclusively for women.

FTZ Classes

Total FTZ: An intense total body workout to improve overall fitness. Combines cardio strength elements, integrating full body shred and strength gains.

Total MMA: Calorie burner, improve coordination and fitness by using specialized mixed martial arts drills.

Express FTZ: A short and intense, functional, full body circuit class designed to blast fat fast!

GRAPPLE Zone: An exciting combat base exercise class fusing Wrestling, Self-defence, Brazilian jiu-jitsu and Sambo disciplines. Build your confidence and your fitness at the same time.

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

Power Pads: Boxing, strength conditioning, self-defence and more fused together to create an explosive session

Metafit: High Intensity Interval Training – intense exercise burst. Short breaks. Maximum results!

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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Opening hours

Monday – Friday: 7am – 10pm
Saturday & Sunday: 10am – 6pm

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



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