

# Regent Street Class Timetable: 23/09/19 –20/12/19

All classes are included in your membership. You can book your place up to 48 hours in advance, in person, or over the phone by calling 020 7911 5892

<b>Physique = (P)</b>	<b>Cardio = (C)</b>	<b>Mind &amp; Body = (MB)</b>
Sculpt and strengthen your body with this range of fun and functional classes	Energetic and exhilarating classes that will get the heart racing and calories burning	Classes that enhance the union of mind and body through stability, flexibility, balance and relaxation

We've added this key so you can choose the classes that best suit your fitness goals.

<b>MON</b>	<b>Pump</b> with Charles <b>12:00 – 13:00</b>	<b>Yoga</b> with Nadia <b>13:15 – 14:00</b>	<b>Spin</b> with Jacqui <b>18:00 – 18:45</b>	<b>Yoga</b> with Abby <b>18:45 – 19:30</b>	
	Ultimate toning using light weights set to music <b>(P)</b>	Proper exercise, proper breathing, proper relaxation <b>(MB)</b>	Saddle up for this high intensity ride – join the revolution! <b>(C)</b>	Proper exercise, proper breathing, proper relaxation <b>(MB)</b>	
<b>TUES</b>	<b>The Circuit</b> with Chris <b>12:15 – 13:00</b>	<b>Pilates</b> with Emma <b>13:15 – 14:00</b>	<b>Thigh High</b> with Rachael <b>17:00 – 17:45</b>	<b>Hard-Core</b> with Rachael <b>17:45 – 18:30</b>	<b>Yoga</b> With Florah <b>18:30 – 19:15</b>
	The now infamous stations of destruction! <b>(C/P)</b>	Stretch and strengthen, improve posture <b>(MB)</b>	Targets and tones the lower body and mid-section with an added cardio twist! <b>(C/P)</b>	Firm up the midsection and strengthen the core for great looking Abs <b>(P)</b>	Proper exercise, proper breathing, proper relaxation <b>(MB)</b>
<b>WED</b>	<b>Spin</b> with Jacqui <b>12:15 – 13:00</b>	<b>Pilates</b> with Paula <b>13:15 – 14:00</b>	<b>BoxFit</b> with Francis <b>18:30 – 19:30</b>		
	Saddle up for this high intensity ride – join the revolution! <b>(C)</b>	Stretch and strengthen, improve posture <b>(MB)</b>	Get fighting fit without being hit. Pad box conditioning <b>(C)</b>		
<b>THURS</b>	<b>Yoga</b> With Nadia <b>13:15 – 14:00</b>	<b>TRX</b> with Francis <b>17:15 – 18:00</b>	<b>Pump</b> with Charles <b>18:00 – 19:00</b>	<b>Pilates</b> with Michael <b>19:00 – 20:00</b>	
	Proper exercise, proper breathing, proper relaxation <b>(MB)</b>	Engage all your muscles in this fast paced TRX workout <b>(P)</b>	Ultimate toning using light weights set to music <b>(P)</b>	Stretch and strengthen, improve posture <b>(MB)</b>	
<b>FRI</b>	<b>The Circuit</b> with Chris <b>12:15 – 13:00</b>	<b>Yoga</b> with Seamus <b>13:15 – 14:00</b>	<b>Pilates</b> with Emma <b>17:00 – 18:00</b>		
	The now infamous stations of destruction! <b>(C/P)</b>	Proper exercise, proper breathing, proper relaxation <b>(MB)</b>	Stretch and strengthen, improve posture <b>(MB)</b>		

PLEASE NOTE: The timetable is subject to change without prior notice. The University is not the direct employer of class teachers and is not responsible for absences and last minute cancellations.