



EASTER CLASS TIMETABLE

| | MIND AND BODY | CARDIO | STRENGTH AND TONE |
|-----------|---|---|---|
| MONDAY | YOGA 7.30 - 8.30am Jean-Claude | STUDIO CYCLING 5.15 - 6pm Mike | CXWORX 6.15 - 6.45pm Virtual |
| TUESDAY | STAFF YOGA 5.30 - 6.30pm Mike | | LEGS, BUMS & TUMS 6.45 - 7.45pm Dawn |
| WEDNESDAY | PILATES 7.30 - 8.30am Karen | STUDIO CYCLING 5.15 - 6pm Dan | |
| THURSDAY | | | BODY PUMP 6.15 - 6.45pm Eve |
| FRIDAY | BODY BALANCE 7.30 - 8.30am Virtual | STUDIO CYCLING 5.15 - 6pm Fitness Team | |

Please arrive 5 minutes before the class start time. Late arrivals may not be admitted.
 All classes will take place in Jane Holloway Studio.
 Classes may be subject to change and may take place in a different location.

Bookings can be made up to six days in advance using our online booking system:
als.royalholloway.ac.uk