



CITY
UNIVERSITY OF LONDON
EST 1894

CitySport



CLASS TIMETABLE

FROM 2 JANUARY 2024

MORE THAN
JUST A GYM

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Find out more
www.citysport.org.uk



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MONDAY

08:00 VIRTUAL CYCLE
30 MINS STUDIO 5

11:30 VIRTUAL CYCLE
30 MINS STUDIO 5

12:15 HIIT STRENGTH
30 MINS GYM FLOOR

17:00 VIRTUAL CYCLE
30 MINS STUDIO 5

17:45 SLOW FLOW YOGA
45 MINS STUDIO 3/4

18:00 INDOOR CYCLE
1 HOUR STUDIO 5

18:30 ZUMBA PARTY
1 HOUR STUDIO 1

18:30 DYNAMIC YOGA
1 HOUR STUDIO 3/4

TUESDAY

07:30 LEGS, BUMS AND TUMS
30 MINS GYM FLOOR

08:00 VIRTUAL CYCLE
30 MINS STUDIO 5

11:30 VIRTUAL CYCLE
30 MINS STUDIO 5

12:30 DESK CORRECTION YOGA
45 MINS STUDIO 3/4

16:30 BACK TO THE MAT @HOME
30 MINS [YOUTUBE.COM/CITYSPORTGYM](https://www.youtube.com/c/citysportgym)

17:00 VIRTUAL CYCLE
30 MINS STUDIO 5

17:30 BOOT CAMP
30 MINS GYM FLOOR

17:45 RHYTHM AND WEIGHTS
45 MINS STUDIO 1

18:30 BOXING CLUB
1 HOUR STUDIO 1

18:30 PILATES
1 HOUR STUDIO 3/4

WEDNESDAY

08:00 VIRTUAL CYCLE
30 MINS STUDIO 5

11:30 VIRTUAL CYCLE
30 MINS STUDIO 5

12:15 HIIT CARDIO
30 MINS GYM FLOOR

12:30 PILATES
45 MINS STUDIO 3/4

16:30 THE BARRE WORKOUT @HOME
30 MINS [YOUTUBE.COM/CITYSPORTGYM](https://www.youtube.com/c/citysportgym)

17:00 VIRTUAL CYCLE
30 MINS STUDIO 5

17:45 BARRE WORKOUT
45 MINS STUDIO 3/4

18:30 VINAYASA YOGA
1 HOUR STUDIO 3/4

THURSDAY

07:30 ABSOLUTE CORE
30 MINS GYM FLOOR

08:00 VIRTUAL CYCLE
30 MINS STUDIO 5

11:30 VIRTUAL CYCLE
30 MINS STUDIO 5

12:30 PILATES
45 MINS STUDIO 3/4

13:00 NO STRINGS BADMINTON
60 MINS SPORTS HALL

17:00 VIRTUAL CYCLE
30 MINS STUDIO 5

17:30 TOTAL BODY CONDITIONING
30 MINS GYM FLOOR

17:45 RHYTHM AND WEIGHTS
45 MINS STUDIO 1

17:45 PILATES
45 MINS STUDIO 3/4

18:30 BOXING CLUB
1 HOUR STUDIO 1

18:30 YIN YANG YOGA
1 HOUR STUDIO 3/4

18:30 INDOOR CYCLE
1 HOUR STUDIO 5

FRIDAY

08:00 VIRTUAL CYCLE
30 MINS STUDIO 5

11:30 VIRTUAL CYCLE
30 MINS STUDIO 5

12:15 CIRCUIT
30 MINS GYM FLOOR

17:00 VIRTUAL CYCLE
30 MINS STUDIO 5

17:45 YOGA 4 BEGINNERS
45 MINS STUDIO 3/4

18:30 SLOW FLOW YOGA
1 HOUR STUDIO 3/4

SATURDAY

10:30 YIN YANG YOGA @HOME
30 MINS [YOUTUBE.COM/CITYSPORTGYM](https://www.youtube.com/c/citysportgym)

10:30 ZUMBA PARTY
1 HOUR STUDIO 1

10:30 INDOOR CYCLE
1 HOUR STUDIO 5

11:30 BOSU CORE BALANCE
45 MINS STUDIO 3/4

12:15 TOTAL BODY CONDITIONING
30 MINS GYM FLOOR

SUNDAY

10:30 YIN YANG YOGA
90 MINS STUDIO 3/4

12:15 BOOT CAMP
30 MINS GYM FLOOR

CLASS DESCRIPTIONS

ON-SITE CLASSES

BOOT CAMP

Get your heart pumping with our boot camp class! Alternating between fast-paced cardio and strength exercises, focusing on teamwork, this military-style interval workout is tough, but great fun too. Feel the energy in the room as you push yourself to limits. What are you waiting for?

BOSU

Focusses on precision and the core muscles; a great class for strengthening core muscles and body alignment, with the addition of a Bosu.

BOXING CLUB

Fast-paced, high-energy workout that fuses boxing technique with weight training, mat work and circuit style exercises, all aimed to increase cardio fitness.

CORE STABILITY

Aim of the class is to improve your core muscle strength, ease lower back pain and increase functional stability of the spinal area.

INDOOR CYCLE

Make your way down to the lower ground floor and wait to be amazed as you enter our fully-equipped indoor cycle studio. CitySport's experienced cycle instructors will motivate you to stay on a journey where together, you can reach your personal max in cardio fitness.

YOGA

CitySport provides the following disciplines in Yoga : Desk Correction, Dynamic, Vinyasa, Ying Yang and a special class for beginners. When attending Yoga classes on a regular basis benefits may include: posture correction, improving breathing techniques and can help to maintain overall wellbeing.

30MIN GYM FLOOR CLASSES

LEGS, BUMS AND TUMS

Legs, bums and tums is a high intensity workout that targets to tone the areas of your thighs, bum and stomach, great for those who want to lose weight or even for those who simply want to improve their fitness levels.

ABSOLUTE CORE

Have you always wanted to target your abs but just didn't know where to start? Or are you bored of your same old abs routine? Then join us for this ab blaster class where the sole goal is to develop the core and achieve those rock-solid abs.

HIIT CARDIO

You should never underestimate how much intensity bodyweight exercises can provide. With minimal equipment we will be bringing the heat and aim to burn as many calories as possible.

HIIT STRENGTH

Want to build your strength and learn new exercises and proper technique? In this class we'll be using a variety of free-weights to target every muscle in the body. Bring a towel, water bottle and your A-Game as this class will be intense.

CIRCUITS

In our circuit class you will be rotating from exercise to exercise. Every exercise will target a different part of the body while using a range of different equipment. The intensity will be very high and everyone of every level is welcome to join.

RHYTHM & WEIGHTS

A fun, rhythmic barbell-based workout, motivating you with the addition of some iconic music tracks.

PILATES

The main principles applied to a mat work pilates class are precision and focus of the core muscles. A great class for strengthening the core muscles and body alignment.

ZUMBA PARTY

Get to dance like no-one's watching in this up-lifting, aerobic dance class. A great way to loosen up and lift your spirits while gaining a good cardio workout. This class traditionally features a blend of movements inspired by Latin American dance.

ON-SITE VIRTUAL CLASSES

VIRTUAL CYCLE

Our cinema-style studio cycle classes can lead you on a beautiful video journey across breath-taking landscapes or in a virtual, instructor-led class. While cycling creates a great cardio workout, the addition of the virtual technology provides pure stress relief through escapism.

BOOK A BIKE

This unique service provides an opportunity to schedule your own cycle class at any time and use our leading virtual technology with top Matrix bikes.

1 hour: £10

ONLINE CLASSES

THE BARRE WORKOUT

Focusses on postural strength and alignment using a series of ballet style techniques. Online with no Barre? No problem – you can simply replace it with your kitchen worktop.

YIN YANG YOGA

The yin part of the class is the balancing practice for your yang style of yoga; it is yoga for the joints, not the muscles. Yin postures are seated postures, which are held for up to five minutes. The yang part of the class explores the more active style of practice as we know it.

BACK TO THE MAT @HOME

This class can be taught in many ways using low impact exercises with the addition of weights or by simply using body weight. When attended regularly, benefits can include improved overall muscle tone with increased strength.