

## PhD Students' Free Sport Week 2018



Free sport classes for all THS member PhD students during **week 17** at **KTH Hallen!**

Just **drop in**, check in at KTH Hallen's front desk at least **10 minutes before the class** starts and don't forget to **bring your THS student card**, a padlock, indoor shoes, a water bottle and comfortable training clothes. The program is reported below.

**Note that no booking in advance is possible.**

Once you will have picked your new favorite sport, remember that KTH offers a yearly benefit to the employed PhD students that can be used at KTH Hallen. That's why the PhD Chapter wants to offer you a chance to try all the classes for free during week 17.

The PhD Chapter Board wishes you good health and lot of fun while looking for your new favorite sport! 😊

## Program

### MONDAY 23/4

#### 12:15 GRIT Strength 30 min

*LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.*

#### 16:15 Core 45 min

*Effective, challenging and fun workout for the body's "core"; torso, back and pelvic muscles. Gives you stability, strength, balance and better posture.*

## **19:10 Hatha Yoga 55 min**

*Hatha is one of the most traditional branch of Yoga, and its techniques includes asanas (physical postures), Pranayama (breath exercises) and meditation. Some of the benefints that involves the practise of this discipline is relaxation, flexibility, strength and concentration, for both body and mind*

## **TUESDAY 24/4**

### **12:30 CXWORX 30 min**

*Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you!*

### **16:00 Bodybalance 55 min**

*BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.*

### **17:00 Bodycombat 55 min**

*BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.*

## **WEDNESDAY 25/4**

### **07:30 Spinning 30 min**

*A conditioning class at a spinning cycle. There are a variety of resistance, pace, technique and position.*

### **12:00 Spinning 45 min**

*A conditioning class at a spinning cycle. There are a variety of resistance, pace, technique and position.*

### **17:00 Bodyattack 45 min**

*BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats*

### **18:00 Vinyasa Flow Yoga 55 min**

*Vinyasa means “breath-synchronized movement,” and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Physically, you will build strength, endurance, and flexibility.*

## **THURSDAY 26/4**

### **11:35 Gympa 45 min**

*A varied and fun mid-intensity workout that include fitness, strength as a flexibility with great variety. You get a bit of everything and it's easy to keep up with.*

### **12:30 Bodypump 45 min**

*A strength-training workout for your whole body. We use a bar and weights that you can choose and vary. We work through the large muscle groups with particular endurance strength training.*

### **16:15 Bodycombat 55 min**

*BODYCOMBAT is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.*

### **17:20 GRIT Strength 30 min**

*LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.*

### **17:30 Spinning 55 min**

*A conditioning class at a spinning cycle. There are a variety of resistance, pace, technique and position.*

## **FRIDAY 27/4**

### **11:30 SH'BAM 45 min**

*Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star. Set to a soundtrack of chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise*

### **12:00 Spinning 30 min**

*A conditioning class at a spinning cycle. There are a variety of resistance, pace, technique and position.*

### **15:15 Vinyasa Flow Yoga 55 min**

*Vinyasa means “breath-synchronized movement,” and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Physically, you will build strength, endurance, and flexibility.*

### **17:30 Bodyattack 55 min**

*BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats*

### **19:00 Basket ball 55 min**

*During the classes we normally play 5 against 5. For everyone to be able to get the most out of their training, we divide the teams after the participants experience.*