

FITNESS CLASS TIMETABLE FROM OCTOBER 2023

Whatever moves you, discover a range of fitness classes to match your goal.



Pre-book your class online at warwick.ac.uk/fitnessclasses

To book a fitness class, please search for the **exact** name of the class as listed on this timetable.

Strength and Sculpting

Designed to strengthen and tone the entire body.

Renewal

A relaxing workout to help improve flexibility and build strength.

Fun and Sociable

Go at your own pace in a sociable environment.

Energising and Challenging

High energy endurance classes to improve general fitness.

MONDAY

Yoga 0700 - 0815 Studio 2	Studio Cycle 0700 - 0800 Cycle Studio	Functional Circuits 0830 - 0910 Gym	Legs Bums and Tums 0930 - 1030 Studio 3 and 4	Warrior Yoga 1000 - 1130 Studio 2	Aqua Fit 1030 - 1115 Swimming Pool	Studio Cycle 1045 - 1130 Cycle Studio	Abs Blast 1200 - 1220 Gym	Pilates 1200 - 1300 Studio 2	Body Pump 1230 - 1330 Studio 3 and 4	Pilates 1315 - 1415 Studio 2	HIIT 1430 - 1500 Gym
Legs Bums and Tums 1515 - 1615 Studio 1	Legs Bums and Tums 1515 - 1615 Studio 1	Zumba 1630 - 1730 Studio 3 and 4	Studio Cycle 1715 - 1800 Cycle Studio	Body Pump 1800 - 1900 Studio 3 and 4	Yoga 1800 - 1900 Studio 2	Yoga 1900 - 2000 Studio 2	Studio Cycle 1815 - 1900 Studio 1	Boxercise 1900 - 2000 Studio 1			

TUESDAY

Studio Cycle 0700 - 0745 Cycle Studio	Morning Flow Yoga 0700 - 0830 Studio 2	Stretch and Mobility 0830 - 0850 Gym	Bootcamp 0900 - 0930 Gym	Legs Bums and Tums 1030 - 1130 Studio 3 and 4	GRIT Strength 1145 - 1215 Studio 3 and 4	Ashtanga Yoga 1200 - 1300 Studio 2	GRIT Cardio 1220 - 1250 Studio 3 and 4	Abs Blast 1645 - 1705 Gym	Studio Cycle 1700 - 1745 Cycle Studio	Body Combat 1700 - 1800 Studio 1	Body Pump 1745 - 1845 Studio 3 and 4
Studio Cycle 1800 - 1845 Cycle Studio	Kettlebells 1830 - 1915 Studio 1	Zumba 1900 - 2000 Studio 3 and 4	Yoga 1930 - 2030 Studio 2								

Timetable is subject to change

WEDNESDAY

Yoga	Abs Blast	Yogalates	Legs Bums and Tums	Studio Cycle	Mindful Breathing	HIIT	Body Pump	Body Balance	Functional Circuits	Ashtanga Yoga	Studio Cycle
0700 - 0815 Studio 2	0830 - 0850 Gym	0915 - 1015 Studio 3 and 4	0930 - 1030 Studio 1	1015 - 1100 Cycle Studio	1020 - 1050 Studio 3 and 4	1200 - 1230 Gym	1215 - 1315 Studio 3 and 4	1330 - 1430 Studio 2	1430 - 1510 Gym	1435 - 1535 Studio 2	1700 - 1745 Cycle Studio
Beginners Yoga	Body Pump	Metafit Core	Studio Cycle								
1730 - 1815 Studio 2	1715 - 1815 Studio 3 and 4	1730 - 1830 Studio 1	1830 - 1915 Cycle Studio								

THURSDAY

Studio Cycle	Pilates	HIIT	Yoga	Body Pump	Aqua Fit	Bootcamp	Pilates	GRIT Cardio	Studio Cycle	GRIT Strength	Stretch and Mobility
0700 - 0745 Cycle Studio	0700 - 0800 Studio 2	0945 - 1015 Gym	1030 - 1200 Studio 2	1100 - 1200 Studio 3 and 4	1100 - 1200 Swimming Pool	1200 - 1230 Gym	1205 - 1305 Studio 2	1230 - 1300 Studio 3 and 4	1220 - 1315 Cycle Studio	1305 - 1335 Studio 3 and 4	1645 - 1705 Gym
Pilates	Studio Cycle	Zumba	Studio Cycle	Body Balance	Body Pump						
1650 - 1750 Studio 2	1700 - 1745 Cycle Studio	1700 - 1800 Studio 3+4	1800 - 1845 Cycle Studio	1800 - 1900 Studio 2	1830 - 1930 Studio 3 and 4						

FRIDAY

Ashtanga Yoga	Bootcamp	Stretch and Mobility	Pilates	Body Conditioning	Pilates	Body Balance	Body Pump	Kettlebells	Studio Cycle	Boxercise	Yoga Relaxation
0700 - 0815 Studio 2	0830 - 0900 Gym	0905 - 0925 Gym	915 - 1015 Studio 2	0930 - 1030 Studio 3 and 4	1030 - 1130 Studio 2	1035 - 1135 Studio 3 and 4	1145 - 1245 Studio 3 and 4	1700 - 1745 Studio 1	1715 - 1800 Cycle Studio	1800 - 1845 Studio 1	1845 - 1945 Studio 2
HIIT											
1940 - 2010 Gym											

Timetable is subject to change

SATURDAY

Functional Circuits	Studio Cycle	Abs Blast	Yoga	Body Pump	Body Combat	HIIT	Boxercise
0845 - 0925 Gym	0915 - 1000 Cycle Studio	0930 - 0950 Gym	0930 - 1030 Studio 2	1015 - 1115 Studio 3 and 4	1130 - 1230 Studio 3 and 4	1400 - 1430 Gym	1430 - 1530 Studio 1

SUNDAY

Metafit	Stretch and Mobility	Core	Pilates	Bootcamp	Body Balance	Pilates	Studio Cycle
0915 - 0945 Studio 3 and 4	0930 - 0950 Gym	0950 - 1020 Studio 3 and 4	1025 - 1125 Studio 2	1400 - 1430 Gym	1500 - 1600 Studio 2	1710 - 1810 Studio 2	1730 - 1815 Cycle Studio

LES MILLS™ VIRTUAL FITNESS CLASS TIMETABLE



Video versions of live classes presented by expert instructors.

MONDAY

VR SPRINT 0615 - 0645 Cycle Studio	VR GRIT Cardio 0615 - 0645 Studio 3 and 4	VR Body Pump 0715 - 0800 Studio 3 and 4	VR SPRINT 0830 - 0900 Cycle Studio	VR Body Balance 0815 - 0900 Studio 3 and 4	VR RPM 0930 - 1020 Cycle Studio	VR GRIT Strength 1045 - 1115 Studio 3 and 4	VR Body Combat 1130 - 1215 Studio 3 and 4	VR SPRINT 1145 - 1215 Cycle Studio	VR SPRINT 1300 - 1330 Cycle Studio	VR SH'BAM 1415 - 1445 Studio 3 and 4	VR Body Pump 1500 - 1600 Studio 3 and 4
VR RPM 1600 - 1650 Cycle Studio	VR SPRINT 2130 - 2200 Cycle Studio										

TUESDAY

VR SPRINT 0615 - 0645 Cycle Studio	VR Core 0615 - 0645 Studio 3 and 4	VR Body Combat 0715 - 0800 Studio 3 and 4	VR Body Balance 0815 - 0900 Studio 3 and 4	VR RPM 0830 - 0910 Cycle Studio	VR Body Pump 0915 - 1015 Studio 3 and 4	VR RPM 0930 - 1020 Cycle Studio	VR RPM 1040 - 1130 Cycle Studio	VR SPRINT 1200 - 1230 Cycle Studio	VR SPRINT 1300 - 1330 Cycle Studio	VR Body Pump 1330 - 1430 Studio 3 and 4	VR RPM 1500 - 1550 Cycle Studio
VR Body Balance 1500 - 1600 Studio 3 and 4	VR SPRINT 1615 - 1645 Cycle Studio	VR Body Combat 1615 - 1715 Studio 3 and 4	VR RPM 1915 - 2005 Cycle Studio	VR SPRINT 2030 - 2100 Cycle Studio	VR GRIT Athletic 2045 - 2115 Studio 3 and 4	VR GRIT Cardio 2130 - 2200 Studio 3 and 4	VR RPM 2130 - 2210 Cycle Studio				

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WEDNESDAY

VR SPRINT	VR GRIT Cardio	VR Body Pump	VR RPM	VR Body Balance	VR SPRINT	VR RPM	VR RPM	VR Body Combat	VR SPRINT	VR SPRINT	VR GRIT Strength
0615 - 0645 Cycle Studio	0615 - 0645 Studio 3 and 4	0700 - 0800 Studio 3 and 4	0710 - 0800 Cycle Studio	815 - 0900 Studio 3 and 4	0830 - 0900 Cycle Studio	0930 - 1020 Cycle Studio	1040 - 1130 Cycle Studio	1045 - 1130 Studio 3 and 4	1200 - 1230 Cycle Studio	1300 - 1330 Cycle Studio	1330 - 1400 Studio 3 and 4
VR SH'BAM	VR Body Pump	VR Body Balance	VR Barre	VR GRIT Strength	VR SPRINT						
1415 - 1445 Studio 3 and 4	1500 - 1600 Studio 3 and 4	1615 - 1700 Studio 3 and 4	2030 - 2100 Studio 3 and 4	2130 - 2200 Studio 3 and 4	2130 - 2200 Cycle Studio						

THURSDAY

VR Core	VR SPRINT	VR GRIT Athletic	VR GRIT Strength	VR RPM	VR Body Pump	VR RPM	VR GRIT Cardio	VR RPM	VR SPRINT	VR Barre	VR RPM
0615 - 0645 Studio 3 and 4	0615 - 0645 Cycle Studio	0700 - 0730 Studio 3 and 4	0745 - 0815 Studio 3 and 4	0830 - 0910 Cycle Studio	0830 - 0930 Studio 3 and 4	0930 - 1020 Cycle Studio	1000 - 1030 Studio 3 and 4	1040 - 1130 Cycle Studio	1145 - 1215 Cycle Studio	1430 - 1500 Studio 3 and 4	1500 - 1550 Cycle Studio
VR Born to Move	VR SPRINT	VR GRIT Cardio	VR Core	VR RPM							
1545 - 1630 Studio 3 and 4	1615 - 1645 Cycle Studio	2000 - 2030 Studio 3 and 4	2100 - 2130 Studio 3 and 4	2130 - 2210 Cycle Studio							

FRIDAY

VR SPRINT	VR GRIT Cardio	VR Body Pump	VR RPM	VR Body Combat	VR SPRINT	VR RPM	VR RPM	VR SPRINT	VR SPRINT	VR Body Balance	VR Barre
0615 - 0645 Cycle Studio	0615 - 0645 Studio 3 and 4	0700 - 0745 Studio 3 and 4	0710 - 0800 Cycle Studio	0800 - 0845 Studio 3 and 4	0830 - 0900 Cycle Studio	0930 - 1020 Cycle Studio	1040 - 1130 Cycle Studio	1200 - 1230 Cycle Studio	1300 - 1330 Cycle Studio	1330 - 1415 Studio 3 and 4	1430 - 1500 Studio 3 and 4
VR Born to Move	VR Body Pump	VR RPM	VR GRIT Strength	VR SPRINT							
1545 - 1630 Studio 3 and 4	1700 - 1800 Studio 3 and 4	2000 - 2050 Cycle Studio	2130 - 2200 Studio 3 and 4	2130 - 2200 Cycle Studio							

Timetable is subject to change

SATURDAY

VR SPRINT 0715 - 0745 Cycle Studio	VR Body Pump 0715 - 0815 Studio 3 and 4	VR RPM 0810 - 0900 Cycle Studio	VR Born to Move 0830 - 0915 Studio 3 and 4	VR GRIT Cardio 0930 - 1000 Studio 3 and 4	VR RPM 1030 - 1120 Cycle Studio	VR RPM 1140 - 1230 Cycle Studio	VR SPRINT 1300 - 1330 Cycle Studio	VR SH'BAM 1300 - 1330 Studio 3 and 4	VR GRIT Strength 1400 - 1430 Studio 3 and 4	VR RPM 1500 - 1550 Cycle Studio	VR SPRINT 1600 - 1630 Cycle Studio
VR SPRINT 1645 - 1730 Cycle Studio	VR RPM 1800 - 1850 Cycle Studio	VR GRIT Athletic 1815 - 1845 Studio 3 and 4									

SUNDAY

VR SPRINT 0715 - 0745 Cycle Studio	VR GRIT Cardio 0715 - 0745 Studio 3 and 4	VR SPRINT 0815 - 0830 Cycle Studio	VR Body Balance 0815 - 0915 Studio 3 and 4	VR RPM 0910 - 1000 Cycle Studio	VR SPRINT 1030 - 1100 Cycle Studio	VR SPRINT 1130 - 1200 Cycle Studio	VR Barre 1200 - 1230 Studio 3 and 4	VR SPRINT 1230 - 1300 Cycle Studio	VR SH'BAM 1300 - 1330 Studio 3 and 4	VR SPRINT 1315 - 1345 Studio 3 and 4	VR GRIT Strength 1400 - 1430 Studio 3 and 4
VR SPRINT 1500 - 1530 Cycle Studio	VR SPRINT 1600 - 1630 Cycle Studio	VR SPRINT 1645 - 1715 Cycle Studio	VR RPM 1830 - 1920 Cycle Studio								