FITNESS CLASSES TIMETABLE FROM 29 JULY - 25 AUGUST

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

Studio Cycle 0700 - 0800 Multi Purpose Room	Yoga 0700 - 0815 Studio 2	Legs, Bums & Tums 0930 - 1030 Arena Zone D	Warrior Yoga 1000 - 1130 Studio 2	Studio Cycle 1045 - 1130 Multi Purpose Room	Pilates 1200 - 1300 Studio 2	Body Pump™ 1230 - 1330 Arena Zone D	Pilates 1315 - 1415 Studio 2	Zumba 1630 - 1730 Arena Zone D	Studio Cycle 1715 - 1800 Multi Purpose Room	Yoga 1800 - 1900 Studio 2
Body Pump™ 1800 - 1900 Arena Zone D	Studio Cycle 1815 - 1900 Multi Purpose Room	Yoga 1900 - 2000 Studio 2	Boxercise 1900 - 2000 Arena Zone D							

Timetables are subject to change.

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TUESDAY

Morning Flow Yoga	Legs, Bum & Tums	Ashtanga Yoga	Body Combat™	Studio Cycle	Body Pump™	Studio Cycle	Zumba
0700 - 0830 Studio 2	1030 - 1130 Arena Zone D	1200 - 1300 Studio 2	1700 - 1800 Studio 2	1700 - 1745 Multi Purpose Room	1745 - 1845 Arena Zone D	1800 - 1845 Multi Purpose Room	1900 - 2000 Arena Zone D

WEDNESDAY

Yoga	Yogalates	Legs, Bum & Tums	Mindful Breathing	Body Pump™	Body Balance™	Ashtanga Yoga	Studio Cycle	Body Pump™	Beginner Yoga	Studio Cycle
0700 - 0800 Studio 2	0915 - 1015 Studio 2	0930 - 1030 Arena Zone D	1020 - 1050 Studio 2	1215 - 1315 Arena Zone D	1330 - 1430 Studio 2	1435 - 1535 Studio 2	1700 - 1745 Multi Purpose Room	1715 - 1815 Arena Zone D	1730 - 1815 Studio 2	1830 - 1915 Multi Purpose Room

THURSDAY

Studio Cycle	Pilates	Slow Flow Yoga	Body Pump™	Pilates	Pilates	Zumba	Studio Cycle	Body Balance™	Studio Cycle	Body Pump™
0700 - 0800 Multi Purpose Room	0700 - 0800 Studio 2	1030 - 1130 Studio 2	1100 - 1200 Arena Zone D	1200 - 1300 Studio 2	1650 - 1750 Studio 2	1700 - 1800 Arena Zone D	1700 - 1800 Multi Purpose Room	1800 - 1900 Studio 2	1800 - 1900 Multi Purpose Room	1830 - 1930 Arena Zone D

FRIDAY

Ashtange Yoga	Pilates	Body Conditioning	Pilates	Body Balance™	Body Pump™	Studio Cycle	Yoga Relaxation
0700 - 0815 Studio 2	0915 - 1015 Arena Zone D	0930 - 1030 Multi Purpose Room	1030 - 1130 Arena Zone D	1035 - 1135 Studio 2	1145 - 1245 Arena Zone D	1715 - 1800 Multi Purpose Room	1845 - 1945 Studio 2

SATURDAY

Studio Cycle	Yoga	Body Pump™	Body Combat™
0915 - 1000 Multi Purpose Room	0930 - 1030 Studio 2	1015 - 1115 Arena Zone D	11:30 - 12:30 Arena Zone D

SUNDAY

Pilates	Stretch & Mobility
1025 - 1125 Studio 2	1500 - 1520 Studio 2

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