

# FITNESS CLASSES TIMETABLE

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

## Strength & Sculpting

A sculpting class that targets the entire body. Designed to strengthen and tone you from head to toe.

## Renewal

A workout to help improve flexibility, build strength and leave you feeling relaxed and calm.

## Fun & Sociable

A class to develop and increase your own fitness levels, at your own pace in a motivated environment.

## Energising & Challenging

High energy, endurance improving class that increases general fitness.

### MONDAY

<b>Yoga</b> 07:00 - 08:15 Studio 2	<b>Studio Cycle</b> 07:00 - 07:45 Cycle Studio	<b>Body Blast</b> 09:30 - 10:15 Studio 3 & 4	<b>Warrior Yoga</b> 10:00 - 11:30 Studio 2	<b>Studio Cycle</b> 10:45 - 11:30 Cycle Studio	<b>Pilates</b> 12:00 - 13:00 Studio 2	<b>Studio Cycle</b> 10:45 - 11:30 Cycle Studio	<b>Body Pump™</b> 12:00 - 13:30 Studio 1	<b>Pilates</b> 13:15 - 14:15 Studio 3 & 4	<b>Legs, Bums &amp; Tums</b> 15:15 - 16:15 Studio 1	<b>Studio Cycle</b> 17:15 - 18:00 Cycle Studio	<b>Yoga</b> 18:00 - 19:00 Studio 2
<b>Body Pump™</b> 18:00 - 19:00 Studio 3 & 4	<b>Studio Cycle</b> 18:15 - 19:00 Cycle Studio	<b>Yoga</b> 19:00 - 20:00 Studio 2	<b>Boxercise</b> 19:00 - 20:00 Studio 3 & 4								

### TUESDAY

<b>Morning Flow Yoga</b> 07:00 - 08:30 Studio 2	<b>Studio Cycle</b> 07:00 - 07:45 Cycle Studio	<b>Legs, Bum &amp; Tums</b> 10:30 - 11:30 Studio 3 & 4	<b>Pilates</b> 11:00 - 12:00 Studio 2	<b>Body Pump™</b> 11:45 - 12:45 Studio 3 & 4	<b>Ashtanga Yoga</b> 12:00 - 13:00 Studio 2	<b>Body Combat™</b> 17:00 - 18:00 Studio 3 & 4	<b>Studio Cycle</b> 17:00 - 17:45 Cycle Studio	<b>Body Pump™</b> 17:45 - 18:45 Studio 3 & 4	<b>Studio Cycle</b> 18:00 - 18:45 Cycle Studio	<b>Zumba</b> 19:00 - 20:00 Studio 3 & 4	<b>Yoga</b> 19:30 - 20:30 Studio 2
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### WEDNESDAY

<b>Yoga</b> 07:00 - 08:00 Studio 2	<b>Studio Cycle</b> 07:00 - 07:45 Cycle Studio	<b>Yogalates</b> 09:15 - 10:15 Studio 3 & 4	<b>Body Blast</b> 09:30 - 10:15 Studio 1	<b>Mindful Breathing</b> 10:20 - 10:50 Studio 3 & 4	<b>Body Pump™</b> 12:15 - 13:15 Studio 3 & 4	<b>Ashtanga Yoga</b> 13:45 - 14:45 Studio 3 & 4	<b>Studio Cycle</b> 17:00 - 17:45 Cycle Studio	<b>Body Pump™</b> 17:15 - 18:15 Studio 3 & 4	<b>Beginner Yoga</b> 17:30 - 18:15 Studio 2	<b>Studio Cycle</b> 18:30 - 19:15 Cycle Studio
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Timetables are subject to change. Book a class or keep up with the latest information online at [warwick.ac.uk/sport](http://warwick.ac.uk/sport)

## THURSDAY

<b>Pilates</b>	<b>Studio Cycle</b>	<b>Slow Flow Yoga</b>	<b>Body Pump™</b>	<b>Studio Cycle</b>	<b>Body Pump™</b>	<b>Pilates</b>	<b>Zumba</b>	<b>Studio Cycle</b>	<b>Body Balance™</b>	<b>Studio Cycle</b>	<b>Body Pump™</b>
07:00 - 08:00 Studio 2	07:00 - 07:45 Cycle Studio	10:30 - 12:00 Studio 3 & 4	11:00 - 12:00 Studio 1	12:20 - 13:05 Cycle Studio	12:30 - 13:30 Studio 1	16:50 - 17:50 Studio 2	17:00 - 18:00 Studio 3+4	17:00 - 17:45 Cycle Studio	18:00 - 19:00 Studio 2	18:00 - 18:45 Cycle Studio	18:30 - 19:30 Studio 3 & 4

## FRIDAY

<b>Ashtange Yoga</b>	<b>Pilates</b>	<b>Body Conditioning</b>	<b>Pilates</b>	<b>Body Balance™</b>	<b>Body Pump™</b>	<b>Studio Cycle</b>	<b>Boxercise</b>	<b>Yoga Relaxation</b>
07:00 - 08:30 Studio 2	9:15 - 10:15 Studio 3 & 4	09:30 - 10:30 Studio 1	10:30 - 11:30 Studio 3 & 4	10:35 - 11:35 Studio 1	11:45 - 12:45 Studio 3 & 4	17:15 - 18:00 Cycle Studio	18:00 - 19:00 Studio 1	18:45 - 19:45 Studio 2

## SATURDAY

<b>Studio Cycle</b>	<b>Yoga</b>	<b>Body Pump™</b>	<b>Body Combat™</b>	<b>Boxercise</b>
09:15 - 10:00 Cycle Studio	09:30 - 10:30 Studio 2	10:15 - 11:15 Studio 3 & 4	11:30 - 12:30 Studio 3 & 4	14:30 - 15:30 Studio 1

## SUNDAY

<b>Metafit</b>	<b>Core</b>	<b>Pilates</b>	<b>Stretch</b>	<b>Pilates</b>	<b>Studio Cycle</b>
09:15 - 09:45 Studio 3 & 4	09:50 - 10:20 Studio 3 & 4	10:25 - 11:25 Studio 2	15:00 - 16:00 Studio 2	17:10 - 18:10 Studio 2	17:30 - 18:15 Cycle Studio

**Strength & Sculpting**

**Renewal**

**Fun & Sociable**

**Energising & Challenging**