

FITNESS CLASSES TIMETABLE

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



Find your favourite live or virtual class or explore something new. Whatever your goal, we've got you covered.



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



Can't get to the Hub? No problem. Some of our classes are live streamed on our members only [Facebook Group](#)

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

Circuits	Yoga For Men	Warrior Yoga 	Legs, Bums & Tums	Studio Cycle	Abs Blast	Body Pump™	Yoga	Studio Cycle	Legs, Bums & Tums	Beginner Yoga	Studio Cycle
06:45 - 07:30 Arena	07:00 - 08:15 Studio 3 & 4	10:00 - 11:30 Studio 3&4	10:15 - 11:15 Arena	11:30 - 12:15 Studio 1	11:45 - 12:15 Sports Hall	12:30 - 13:30 Arena	12:45 - 13:45 Studio 2	14:15 - 15:00 Studio 1	15:15 - 16:15 Sports Hall	16:45 - 17:45 Studio 3 & 4	17:15 - 18:00 Studio 1
Body Pump™	Yoga	Studio Cycle	Body Attack™								
17:45 - 18:45 Arena	18:00 - 19:00 Studio 3 & 4	18:30 - 19:15 Studio 1	19:00 - 19:45 Arena								

Timetables are subject to change. Book a class or keep up with the latest information online at warwick.ac.uk/sport

Classes marked with a  symbol are live streamed* on our members only Facebook Group

TUESDAY

Circuits 06:30 - 07:15 Arena	Studio Cycle 07:00 - 07:45 Studio 1	Morning Flow Yoga 07:00 - 08:30 Sports Hall	Legs, Bum & Tums 10:30 - 11:30 Sports Hall	GRIT Strength™ 11:45 - 12:15 Studio 3&4	Yoga 12:00 - 13:00 Studio 2	GRIT Cardio™ 12:30 - 13:00 Studio 3&4	Body Pump™ 13:30 - 14:30 Arena	Body Pump™  17:00 - 18:00 Arena	Studio Cycle 17:30 - 18:15 Studio 1	Body Attack™ 18:15 - 18:45 Arena	Kettlebells 18:30 - 19:15 Sports Hall
Studio Cycle 18:45 - 19:30 Studio 1	Boxing Fitness & Technique 19:00 - 20:00 Arena	Yoga 19:30 - 20:30 Sports Hall									

WEDNESDAY

Body Pump™ 07:00 - 08:00 Arena	Yoga  07:15 - 08:15 Studio 3 & 4	Pilates 09:15 - 10:15 Studio 3&4	Body Pump™ 12:15 - 13:15 Arena	Body Balance™ 13:30 - 14:30 Sports Hall	Ashtanga Yoga 14:45 - 15:45 Sports Hall	Studio Cycle 17:00 - 17:45 Studio 1	Body Pump™ 17:00 - 18:00 Arena	Circuits 17:30 - 18:30 Sports Hall	CXWORX™ 18:30 - 19:00 Arena	Kettlebells 18:45 - 19:30 Sports Hall	Studio Cycle 18:30 - 19:15 Studio 1
Body Combat™ 19:15 - 20:15 Studio 3 & 4	Yoga Relaxation 20:00 - 21:00 Sports Hall										

THURSDAY

Pilates 06:30 - 07:30 Studio 3 & 4	Studio Cycle 07:00 - 07:45 Studio 1	Yoga 10:45 - 12:15 Studio 3&4	Body Pump™ 11:00 - 12:00 Arena	Circuits 12:30 - 13:15 Arena	Pilates 12:45 - 13:45 Studio 3 & 4	Studio Cycle 17:00 - 17:45 Studio 1	Zumba 17:00 - 18:00 Arena	Studio Cycle 18:15 - 19:00 Studio 1	Body Pump™ 18:30 - 19:30 Arena	Body Balance™ 18:45 - 19:45 Studio 3 & 4
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FRIDAY

Studio Cycle 07:00 - 07:45 Studio 1	Pilates 09:15 - 10:15 Sports Hall	Tone 09:15 - 10:15 Arena	Legs, Bums & Tums 10:45 - 11:45 Arena	CXWORX™ 10:30 - 11:00 Sports Hall	Body Balance 11:10 - 12:15 Studio 3 & 4	Body Pump™ 12:00 - 13:00 Arena	Pilates 15:00 - 16:00 Studio 2	Metafit / Core 16:15 - 17:15 Sports Hall	Zumba 17:00 - 18:00 Arena	Studio Cycle 17:15 - 18:00 Studio 1
Boxercise 17:30 - 18:15 Sports Hall	Kettlebells 18:30 - 19:15 Sports Hall	Yoga 18:45 - 19:45 Studio 2	Studio Cycle 19:30 - 20:15 Studio 1							

Strength & Sculpting

Renewal

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SATURDAY

Studio Cycle	Yoga	Body Pump™	Body Attack™ 📶	Pilates 📶	Boxing Fitness & Technique
09:15 - 10:00 Studio 1	09:30 - 10:30 Studio 3 & 4	10:15 - 11:15 Arena	11:30 - 12:30 Arena	12:45 - 13:45 Sports Hall	14:30 - 15:30 Arena

SUNDAY

Metafit	Core	Pilates	Body Pump™	CXWORX™	Body Pump™	Vibe Cycle	Pilates
09:15 - 09:45 Arena	10:00 - 10:30 Arena	10:45 - 11:45 Studio 3 & 4	11:00 - 12:00 Arena	12:15 - 12:45 Arena	16:30 - 17:30 Studio 3 & 4	17:00 - 17:45 Studio 1	17:45 - 18:45 Studio 3 & 4

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* LIVE STREAMED CLASS TERMS & CONDITIONS

By participating in our live streamed classes, you confirm that you are 18 or over. You recognise that there is always an element of risk(s) involved with any physical activity and you are choosing to participate at your own risk. It is your sole responsibility to ensure the environment in which you will exercise is safe and suitable for exercise prior to participation in our live classes. You should CEASE participation in the exercise and seek immediate medical assistance (as required) if: (i) at any time during a session you feel discomfort or pain; (ii) any time before the exercise you feel discomfort or pain; and/ or (iii) you have an underlying medical or health condition. You are advised NOT to participate in the exercise or live streamed class if (without limitation) any of the following applies: you are pregnant or have given birth in the last 6 months, you have heart problem(s), back problem(s), high or low blood pressure, high cholesterol, headaches/dizziness or a fainting feeling when you carry out exercise, epilepsy, diabetes, or if you experience pain or limited movements in any joints (knees, for example). Warwick Sport is not responsible or liable to you for any injury or harm you sustain as a result of our live streamed classes unless Warwick Sport or any affiliated entity are proven to be legally liable for such injury or harm. Warwick Sport terms and conditions apply

LES MILLS™ VIRTUAL FITNESS CLASS TIMETABLE



- Video versions of live classes presented by expert instructors
- Workouts for everyone of all abilities and ages
- Same motivation and atmosphere as a live class
- Go at your own pace

MONDAY

VR GRIT Cardio™ 06:15 - 06:45 Studio 3 & 4	VR SPRINT™ 06:15 - 06:45 Cycle Studio	VR RPM™ 07:10 - 08:00 Cycle Studio	VR SPRINT™ 08:30 - 09:00 Cycle Studio	VR Body Balance™ 08:45 - 09:30 Studio 3 & 4	VR RPM™ 09:30 - 10:20 Cycle Studio	VR RPM™ 10:40 - 11:30 Cycle Studio	VR SPRINT™ 12:00 - 12:30 Cycle Studio	VR Body Combat™ 12:00 - 12:45 Studio 3 & 4	VR SPRINT™ 13:00 - 13:30 Cycle Studio	VR SPRINT™ 14:00 - 14:30 Cycle Studio	VR SPRINT™ 15:00 - 15:30 Cycle Studio
VR GRIT Strength™ 15:15 - 15:45 Studio 3 & 4	VR RPM™ 16:00 - 16:50 Cycle Studio	VR GRIT Cardio™ 16:00 - 16:30 Studio 3 & 4	VR RPM™ 17:10 - 18:00 Cycle Studio	VR SPRINT™ 18:30 - 19:00 Cycle Studio	VR SPRINT™ 19:30 - 20:00 Cycle Studio	VR SPRINT™ 20:30 - 21:00 Cycle Studio	VR SPRINT™ 21:30 - 22:00 Cycle Studio				

TUESDAY

VR CXWORX™ 06:15 - 06:45 Studio 3 & 4	VR SPRINT™ 06:15 - 06:45 Cycle Studio	VR RPM™ 07:10 - 08:00 Cycle Studio	VR Body Combat™ 07:15 - 08:00 Studio 3 & 4	VR Body Pump™ 08:30 - 09:30 Studio 3 & 4	VR RPM™ 08:30 - 09:10 Cycle Studio	VR RPM™ 09:30 - 10:20 Cycle Studio	VR GRIT Cardio™ 10:00 - 10:30 Studio 3 & 4	VR RPM™ 10:40 - 11:30 Cycle Studio	VR SH'BAM™ 11:00 - 11:30 Studio 3 & 4	VR SPRINT™ 12:00 - 12:30 Cycle Studio	VR SPRINT™ 13:00 - 13:30 Cycle Studio
VR CXWORX™ 13:15 - 13:45 Studio 3 & 4	VR SPRINT™ 14:00 - 14:30 Cycle Studio	VR RPM™ 15:00 - 15:50 Cycle Studio	VR SPRINT™ 16:15 - 16:45 Cycle Studio	VR SPRINT™ 17:15 - 17:45 Cycle Studio	VR GRIT Strength™ 18:00 - 18:30 Studio 3 & 4	VR RPM™ 18:10 - 19:00 Cycle Studio	VR SH'BAM™ 19:00 - 19:30 Studio 3 & 4	VR SPRINT™ 19:30 - 20:00 Cycle Studio	VR SPRINT™ 20:30 - 21:00 Cycle Studio	VR GRIT Cardio™ 21:30 - 22:00 Studio 3 & 4	VR RPM™ 21:30 - 22:10 Cycle Studio

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WEDNESDAY

VR GRIT Cardio™	VR SPRINT™	VR RPM™	VR SPRINT™	VR RPM™	VR RPM™	VR Body Cardio™	VR SPRINT™	VR SPRINT™	VR SPRINT™	VR SPRINT™	VR RPM™
06:15 - 06:45 Studio 3 & 4	06:15 - 06:45 Cycle Studio	07:10 - 08:00 Cycle Studio	08:30 - 09:00 Cycle Studio	09:30 - 10:20 Cycle Studio	10:40 - 11:30 Cycle Studio	11:00 - 11:30 Studio 3 & 4	12:00 - 12:30 Cycle Studio	13:00 - 13:30 Cycle Studio	14:00 - 14:30 Cycle Studio	15:00 - 15:30 Cycle Studio	16:00 - 16:50 Cycle Studio
VR SH'BAM™	VR RPM™	VR GRIT Cardio™	VR SPRINT™	VR SPRINT™	VR Barre™	VR SPRINT™	VR GRIT Strength™	VR SPRINT™			
16:45 - 17:30 Studio 3 & 4	17:10 - 18:00 Cycle Studio	18:00 - 18:30 Studio 3 & 4	18:30 - 19:00 Cycle Studio	19:30 - 20:00 Cycle Studio	20:30 - 21:00 Studio 3 & 4	20:30 - 21:00 Cycle Studio	21:30 - 22:00 Studio 3 & 4	21:30 - 22:00 Cycle Studio			

THURSDAY

VR SPRINT™	VR RPM™	VR GRIT Strength™	VR Body Pump™	VR RPM™	VR RPM™	VR GRIT Cardio™	VR RPM™	VR SPRINT™	VR SPRINT™	VR SPRINT™	VR Barre™
06:15 - 06:45 Cycle Studio	07:10 - 08:00 Cycle Studio	07:45 - 08:15 Studio 3 & 4	08:30 - 09:30 Studio 3 & 4	08:30 - 09:10 Cycle Studio	09:30 - 10:20 Cycle Studio	10:00 - 10:30 Studio 3 & 4	10:40 - 11:30 Cycle Studio	12:00 - 12:30 Cycle Studio	13:00 - 13:30 Cycle Studio	14:00 - 14:30 Cycle Studio	14:30 - 15:00 Studio 3 & 4
VR RPM™	VR Body Pump™	VR SPRINT™	VR CXWORX™	VR SPRINT™	VR GRIT Strength™	VR RPM™	VR SPRINT™	VR GRIT Cardio™	VR SPRINT™	VR RPM™	
15:00 - 15:50 Cycle Studio	15:30 - 16:30 Studio 3 & 4	16:15 - 16:45 Cycle Studio	17:00 - 17:30 Studio 3 & 4	17:15 - 17:45 Cycle Studio	18:00 - 18:30 Studio 3 & 4	18:10 - 19:00 Cycle Studio	19:30 - 20:00 Cycle Studio	20:00 - 20:30 Studio 3 & 4	20:30 - 21:00 Cycle Studio	21:30 - 22:10 Cycle Studio	

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FRIDAY

VR GRIT Cardio™	VR SPRINT™	VR RPM™	VR Body Pump™	VR SPRINT™	VR RPM™	VR RPM™	VR SPRINT™	VR SPRINT™	VR SPRINT™	VR SPRINT™	VR Body Balance™
06:15 - 06:45 Studio 3 & 4	06:15 - 06:45 Cycle Studio	07:10 - 08:00 Cycle Studio	07:15 - 08:15 Studio 3 & 4	08:30 - 09:00 Cycle Studio	09:30 - 10:20 Cycle Studio	10:40 - 11:30 Cycle Studio	12:00 - 12:30 Cycle Studio	13:00 - 13:30 Cycle Studio	14:00 - 14:30 Cycle Studio	15:00 - 15:30 Cycle Studio	15:30 - 16:15 Studio 3 & 4
VR RPM™	VR Born to Move (8-12)™	VR RPM™	VR GRIT Cardio™	VR SPRINT™	VR SPRINT™	VR SPRINT™	VR GRIT Strength™	VR SPRINT™			
16:00 - 16:50 Cycle Studio	16:45 - 17:30 Studio 3 & 4	17:10 - 18:00 Cycle Studio	18:00 - 18:30 Studio 3 & 4	18:30 - 19:00 Cycle Studio	19:30 - 20:00 Cycle Studio	20:30 - 21:00 Cycle Studio	21:30 - 22:00 Studio 3 & 4	21:30 - 22:00 Cycle Studio			

SATURDAY

VR Body Pump™	VR SPRINT™	VR RPM™	VR Born to Move (8-12)™	VR SPRINT™	VR RPM™	VR RPM™	VR SPRINT™	VR Born to Move (8-12)™	VR SPRINT™	VR CXWORX™	VR RPM™
07:15 - 08:15 Studio 3 & 4	07:15 - 07:45 Cycle Studio	08:10 - 09:00 Cycle Studio	08:30 - 09:15 Studio 3 & 4	09:30 - 10:00 Cycle Studio	10:30 - 11:20 Cycle Studio	11:40 - 12:30 Cycle Studio	13:00 - 13:30 Cycle Studio	13:15 - 14:00 Studio 3 & 4	14:00 - 14:30 Cycle Studio	14:30 - 15:00 Studio 3 & 4	15:00 - 15:50 Cycle Studio
VR Body Combat™	VR SPRINT™	VR SH'BAM™	VR RPM™	VR Body Pump™							
15:30 - 16:15 Studio 3 & 4	16:45 - 17:15 Cycle Studio	16:45 - 17:30 Studio 3 & 4	18:00 - 18:50 Cycle Studio	18:00 - 19:00 Studio 3 & 4							

SUNDAY

VR GRIT Cardio™	VR SPRINT™	VR Body Balance™	VR SPRINT™	VR RPM™	VR Body Pump™	VR SPRINT™	VR SPRINT™	VR Barre™	VR SPRINT™	VR SH'BAM™	VR GRIT Strength™
07:15 - 07:45 Studio 3 & 4	07:15 - 07:45 Cycle Studio	08:15 - 09:00 Studio 3 & 4	08:15 - 08:45 Cycle Studio	09:10 - 10:00 Cycle Studio	09:15 - 10:15 Studio 3 & 4	10:30 - 11:00 Cycle Studio	11:30 - 12:00 Cycle Studio	12:00 - 12:30 Studio 3 & 4	12:30 - 13:00 Cycle Studio	13:00 - 13:30 Studio 3 & 4	14:00 - 14:30 Studio 3 & 4
VR SPRINT™	VR Body Pump™	VR SPRINT™	VR SPRINT™	VR RPM™	VR SPRINT™						
14:00 - 14:30 Cycle Studio	15:00 - 16:00 Studio 3 & 4	15:00 - 15:30 Cycle Studio	16:00 - 16:30 Cycle Studio	17:00 - 17:50 Cycle Studio	18:15 - 18:45 Cycle Studio						

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