

FITNESS CLASSES TIMETABLE FROM 20 SEPTEMBER 2021

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

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

HIIT 06:30 - 07:00 Studio 1	Studio Cycle 07:15 - 08:00 Studio 1	Yoga 07:00 - 08:15 Studio 2	Warrior Yoga 10:00 - 11:30 Studio 2	Legs, Bums & Tums 10:15 - 11:15 Studio 3 & 4	Studio Cycle 11:30 - 12:15 Cycle Studio	Body Pump™ 12:30 - 13:30 Studio 3 & 4	Pilates 12:45 - 13:45 Studio 2	Legs, Bums & Tums 15:15 - 16:15 Studio 1	Zumba 16:30 - 17:30 Studio 3 & 4	Beginner Yoga 16:45 - 17:45 Studio 2	Studio Cycle 17:15 - 18:00 Cycle Studio
Body Pump™ 17:45 - 18:45 Studio 3 & 4	Yoga 18:00 - 19:00 Studio 2	Studio Cycle 18:15 - 19:00 Studio 1	Boxercise 19:00 - 20:00 Studio 1								

TUESDAY

Studio Cycle	Morning Flow Yoga	Legs, Bum & Tums	GRIT Strength™	Ashtanga Yoga	GRIT Cardio™	Studio Cycle	Body Pump™	Studio Cycle	Kettlebells	Zumba	Yoga
07:00 - 07:45 Cycle Studio	07:00 - 08:30 Studio 2	10:30 - 11:30 Studio 3 & 4	11:45 - 12:15 Studio 3 & 4	12:00 - 13:00 Studio 2	12:30 - 13:00 Studio 3 & 4	17:30 - 18:15 Cycle Studio	17:45 - 18:45 Studio 3 & 4	18:30 - 19:15 Cycle Studio	18:30 - 19:15 Studio 1	19:00 - 20:00 Studio 3 & 4	19:30 - 20:30 Studio 2

WEDNESDAY

Body Pump™	Yoga	Yogalates	Body Pump™	Body Balance™	Ashtanga Yoga	Studio Cycle	Body Pump™	Metafit / Core	GRIT Strength	Studio Cycle	GRIT Cardio
07:00 - 08:00 Studio 3 & 4	07:15 - 08:15 Studio 3 & 4	09:15 - 10:15 Studio 3 & 4	12:15 - 13:15 Studio 3 & 4	13:30 - 14:30 Studio 2	14:45 - 15:45 Studio 2	17:00 - 17:45 Cycle Studio	17:15 - 18:15 Studio 3 & 4	17:30 - 18:30 Studio 1	18:30 - 19:00 Studio 3 & 4	18:30 - 19:15 Cycle Studio	19:15 - 19:45 Studio 3 & 4
Yoga Relaxation											
20:00 - 21:00 Studio 2											

THURSDAY

Pilates	Studio Cycle	Yoga	Body Pump™	Pilates	Circuits	Studio Cycle	Zumba	Studio Cycle	Body Pump™	Body Balance™
06:30 - 07:30 Studio 3 & 4	07:00 - 07:45 Cycle Studio	10:30 - 12:00 Studio 2	11:00 - 12:00 Studio 3 & 4	12:15 - 13:15 Studio 2	12:30 - 13:15 Studio 3 & 4	17:00 - 17:45 Cycle Studio	17:00 - 18:00 Studio 3+4	18:15 - 19:00 Cycle Studio	18:30 - 19:30 Studio 3 & 4	18:45 - 19:45 Studio 2

FRIDAY

Ashtanga Yoga	Pilates	Tone	Les Mills Core™	Legs, Bums & Tums	Body Balance	Body Pump™	Boxercise	Studio Cycle	Kettlebells	Yoga Relaxation	Studio Cycle
07:00 - 08:15 Studio 2	09:15 - 10:15 Studio 2	09:30 - 10:15 Studio 3 & 4	10:30 - 11:00 Studio 2	10:45 - 11:45 Studio 3 & 4	11:15 - 12:15 Studio 2	12:00 - 13:00 Studio 3 & 4	17:00 - 17:45 Studio 1	17:15 - 18:00 Cycle Studio	18:00 - 18:45 Studio 1	18:45 - 19:45 Studio 2	19:00 - 19:45 Cycle Studio

Strength & Sculpting

Renewal

Fun & Sociable

Energising & Challenging

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

SATURDAY

Studio Cycle	Yoga	Body Pump™	Body Combat™	Boxercise
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

Metafit	Core	Pilates	Body Balance	Body Pump™	Studio Cycle	Pilates
09:15 - 09:45 Studio 3 & 4	10:00 - 10:30 Studio 3 & 4	10:45 - 11:45 Studio 2	15:15 - 16:15 Studio 2	16:30 - 17:30 Studio 3 & 4	17:00 - 17:45 Cycle Studio	17:45 - 18:45 Studio 2

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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 SPRINT™ 06:15 - 06:45 Cycle Studio	VR GRIT Cardio™ 06:15 - 06:45 Studio 3 & 4	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 SPRINT™ 13:00 - 13:30 Cycle Studio	VR SPRINT™ 14:00 - 14:30 Cycle Studio	VR SH'BAM™ 14:15 - 14:45 Studio 3 & 4	VR SPRINT™ 15:00 - 15:30 Cycle Studio	VR RPM™ 16:00 - 16:50 Cycle Studio	VR Body Combat™ 19:00 - 19:45 Studio 3 & 4	VR Body Balance™ 20:15 - 21:00 Studio 3 & 4
VR GRIT Cardio™ 21:30 - 22:00 Studio 3 & 4	VR SPRINT™ 21:30 - 22:00 Cycle Studio										

TUESDAY

VR SPRINT™ 06:15 - 06:45 Cycle Studio	VR Core™ 06:15 - 06:45 Studio 3 & 4	VR RPM™ 08:30 - 09:20 Cycle Studio	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 SPRINT™ 13:00 - 13:30 Cycle Studio	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™ 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 - 22:20 Cycle Studio										

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WEDNESDAY

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

THURSDAY

VR SPRINT™ 06:15 - 06:45 Cycle Studio	VR GRIT Strength™ 07:45 - 08:15 Studio 3 & 4	VR RPM™ 08:30 - 09:20 Cycle Studio	VR Body Pump™ 08:30 - 09:30 Studio 3 & 4	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 SPRINT™ 12:00 - 12:30 Cycle Studio	VR SPRINT™ 13:00 - 13:30 Cycle Studio	VR Body Balance™ 13:30 - 14:15 Studio 3 & 4	VR SPRINT™ 14:00 - 14:30 Cycle Studio	VR Barre™ 14:30 - 15:00 Studio 3 & 4
VR RPM™ 15:00 - 15:50 Cycle Studio	VR Born to Move™ 15:45 - 16:30 Studio 3 & 4	VR SPRINT™ 16:15 - 16:45 Cycle Studio	VR GRIT Cardio™ 20:00 - 20:30 Studio 3 & 4	VR Core™ 21:00 - 21:30 Studio 3 & 4	VR RPM™ 21:30 - 22:20 Cycle Studio						

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FRIDAY

VR SPRINT™ 06:15 - 06:45 Cycle Studio	VR GRIT Cardio™ 06:15 - 06:45 Studio 3 & 4	VR Body Pump™ 07:00 - 07:45 Studio 3 & 4	VR RPM™ 07:10 - 08:00 Cycle Studio	VR Body Combat™ 08:00 - 08:45 Studio 3 & 4	VR SPRINT™ 08:30 - 09:00 Cycle Studio	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 SPRINT™ 13:00 - 13:30 Cycle Studio	VR Body Balance™ 13:30 - 14:15 Studio 3 & 4	VR SPRINT™ 14:00 - 14:30 Cycle Studio
VR Barre™ 14:30 - 15:00 Studio 3 & 4	VR SPRINT™ 15:00 - 15:30 Cycle Studio	VR Born to Move™ 15:45 - 16:30 Studio 3 & 4	VR RPM™ 16:00 - 16:50 Cycle Studio	VR SPRINT™ 20:30 - 21:00 Cycle Studio	VR GRIT Strength™ 21:30 - 22:00 Studio 3 & 4	VR SPRINT™ 21:30 - 22:00 Cycle Studio					

SATURDAY

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

SUNDAY

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

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