

## VIRTUAL FITNESS CLASSES TIMETABLE

Warwick Sport member? Keep moving with our live streamed fitness classes on our members only Facebook Group.

### Renewal

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

### Strength & Sculpting

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

### Energising & Challenging

High energy, endurance improving class that increases general fitness.

### Fun & Sociable

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

### MONDAY

<b>Yoga</b>	<b>Studio Cycle</b>	<b>Legs, Bums &amp; Tums</b>	<b>Circuits</b>	<b>Legs, Bums &amp; Tums</b>	<b>Yoga</b>
07:00 - 08:00 Przemek	09:45 - 10:30 Nicola	10:45 - 11:45 Nicola	13:00 - 13:45 John	15:15 - 16:15 Owen	16:30 - 17:30 Jude

### TUESDAY

<b>Circuits</b>	<b>Rise &amp; Shine Yoga</b>	<b>Legs, Bums &amp; Tums</b>	<b>Mindfulness</b>	<b>Body Weight Circuits</b>	<b>Yoga</b>
07:00 - 07:45 Lisa	08:15 - 09:00 Jude	10:30 - 11:30 Owen	12:45 - 13:30 Jude	18:45 - 19:15 Przemek	19:30 - 20:30 Przemek

### WEDNESDAY

<b>Yoga</b>	<b>HIITSTEP</b>	<b>Pilates</b>	<b>Body Pump™</b>	<b>Legs, Bums &amp; Tums</b>	<b>Yoga Relaxation</b>
07:00 - 08:00 Przemek	08:15 - 09:00 Jack	09:30 - 10:30 Nicola	10:45 - 11:45 Nicola	16:45 - 17:45 Owen	19:00 - 20:00 Jude

### THURSDAY

<b>Pilates</b>	<b>Metafit/Core</b>	<b>Circuits</b>	<b>Core</b>	<b>Legs, Bums &amp; Tums</b>	<b>Studio Cycle</b>
07:00 - 08:00 Fereshte	08:15 - 09:00 Jack	13:00 - 13:45 John	15:00 - 15:30 Owen	15:45 - 16:45 Owen	17:00 - 17:45 Lisa

### FRIDAY

<b>Circuits</b>	<b>Pilates</b>	<b>Legs, Bums &amp; Tums</b>	<b>Body Pump™</b>	<b>Studio Cycle</b>	<b>Yoga</b>
07:00 - 07:45 Lisa	09:30 - 10:30 Nicola	10:45 - 11:45 Nicola	12:45 - 13:45 Nicola	17:00 - 17:30 Owen	18:45 - 19:45 Jude

### SATURDAY

<b>Body Pump™</b>	<b>Legs, Bums &amp; Tums</b>
09:45 - 10:45 Nicola	11:00 - 12:00 Nicola

### SUNDAY

<b>Yoga</b>
10:00 - 11:00 Anamika

## TERMS & CONDITIONS

Please note that classes on the timetable may be subject to change.

By participating in our live virtual 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 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 online virtual 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.



Due to strict music copyright laws, we are unable to stream music on some of our live classes. For the best experience, why not play your favourite music in the background