



# LIVE VIRTUAL FITNESS CLASSES TIMETABLE

It's never been more important to stay fit and healthy. So, whilst our doors may be closed temporarily for now, we're still open online.

Get moving at home with LIVE daily virtual classes by our expert instructors through our Facebook page @warwickSPORT

## MONDAY

<b>Warrior Yoga</b>	<b>Core</b>	<b>Legs, Bums &amp; Tums</b>	<b>HIIT</b>
10.00 - 11.00 Fay	17.15 - 17.45 Charlotte	10.30 - 11.15 Owen	13.00 - 13.30 John

## TUESDAY

## WEDNESDAY

<b>Yin Yoga</b>	<b>Core</b>	<b>Circuits</b>	<b>Yoga</b>
12.15 - 13.15 Magda	18.30 - 19.00 Nikki	12.30 - 13.15 John	17.30 - 18.30 Jude

## THURSDAY

## FRIDAY

<b>Ashtanga Yoga</b>	<b>Legs, Bums &amp; Tums</b>	<b>Pilates</b>	<b>Core</b>	<b>HIIT</b>
07.15 - 08.15 Magda	13.00 - 13.30 Leo	12.30 - 13.30 Anna	12.00 - 12.30 Charlotte	16.30 - 17.15 Emma

## SATURDAY

## SUNDAY

### Strength & Sculpting

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

### Fun & Sociable

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

### Renewal

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

### Energising & Challenging

High energy, endurance improving class that increases general fitness.



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

## TERMS & CONDITIONS

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.