

Times	Studio	7.00 - 7.45	8.30 - 9.25	9.30 - 10.25	10.30 - 11.25	11.30 - 12.25	12.30 - 13.25	13.30 - 14.30	15.00 - 18.25	18.30 - 19.25	19.30 - 20.25	20.30 - 21.30	
MON	1	Body Pump 6.45 - 7.30	Metafit 9.00 - 9.25	Body Pump	Step	Body Conditioning 11.30 - 12.15	Barre 12.15 - 13.00	Zumba 13.00 - 14.00	Body Conditioning 17.30 - 18.15	Insanity 18.15-18.45	Body Combat 18.45 - 19.30	Body Pump	
	2			Body Balance	Yoga	Pilates		Pilates		Body Balance	Fitness Pilates	Yin Yoga 20.30 - 21.55	
	3	Indoor Cycle		Indoor Cycle 9.30-10.15	Indoor Cycle 10.30-11.15		Indoor Cycle 13.15 - 14.00			Indoor Cycle 18.30 - 19.15	Indoor Cycle 19.30 - 20.15		
	Pool/Other				Peak-Fit 10.30 - 11.00								
TUES	1	Circuits 6.45 - 7.30	Boxing Circuits 8.30 - 9.25	Body Combat	Body Conditioning	Step & Tone	Body Conditioning 13.00 - 13.45	Fit & Fun 14.00 - 15.00	Body Step 17.45 - 18.25	Body Pump	Body Attack		
	2		Pilates 8.45 - 9.25	Stability Ball	Pilates	Yoga		Easy Yoga 14.00 - 14.55	Pilates 18.00 - 18.55	Yoga 19.00 - 20.00			
	3	Indoor Cycle			Indoor Cycle 10.30 - 11.15				Indoor Cycle 17.30 - 18.15	Indoor Cycle 18.30-19.15	Indoor Cycle 19.30 - 20.15		
	Pool/Other		Aqua 9.00 - 9.45	Aqua 9.45 - 10.30						Aqua 19.00-19.45			
WEDS	1	Circuits 6.45 - 7.45	CXWorx 9.00 - 9.25	LBT	Sh'bam	Circuits	Body Pump 13.00 - 14.00		CXworx 17.30 - 17.55	SH'Bam 18.00 - 18.40	Body Attack 18.45 - 19.25	Body Pump 19.30 - 20.15	
	2	Fitness Pilates 7.00 - 8.00	Pilates 8.45 - 9.25	Tai Chi	Yoga 10.30 - 11.55	Pilates 12.00 - 12.45		Pilates 14.00 - 15.00	Barre 17.45-18.30	Hatha Yoga 18.30 - 19.25	Body Balance 19.30 - 20.15	Yoga 20.30 - 21.30	
	3			Indoor Cycle 9.45-10.30			Indoor Cycle 13.15 - 14.00		Indoor Cycle 18.30 - 19.15				
	Pool/Other			Aqua 9.30-10.15				Aqua 13.15 - 14.00		Peak-Fit 18.00 - 18.30			
THUR	1	Insanity 6.30 - 7.00	Body Attack 8.45 - 9.25	Body Pump	Body Conditioning	Body Combat	Fit & Fun		Barre 17.45 - 18.25	Body Pump	Body Combat		
	2		Pilates 8.45 - 9.25	Body Balance	Hatha Yoga 10.30 - 12.00			Pilates 14.00 - 15.00	Family yoga 16.30 - 17.30	Body Balance 17.30 - 18.25	Yin Yoga	Pilates	Freestyle Yoga
	3	Indoor Cycle		Indoor Cycle 9.30 - 10.15	Indoor Cycle 10.30 - 11.15				Indoor Cycle 17.30-18.15	Indoor Cycle 18.30-19.15			
	Pool/Other			Aqua 9.30 - 10.15			Aqua 13.00 - 13.45						
FRI	1	Metafit 7.00 - 7.30	Body Pump 8.45 - 9.25	Body Attack	Body Conditioning	Metafit 11.30 - 12.00	Fitsteps		Zumba 17.45 - 18.30	Body Pump			
	2	Yoga 7.00 - 8.00	Pilates	Pilates	Yin Yoga 10.30 - 11.30	Body Balance	Yoga	Pilates	Pound 17.00 - 17.45	Body Balance 18.00 - 19.00	Family Yoga 19.00 - 20.00	Mindfulness Movement 20.00 - 21.00	
	3			Indoor Cycle 9.30 - 10.15	Indoor Cycle 10.30 - 11.15				Indoor Cycle 17.30 - 18.15				
	Pool/Other		Aqua 9.00 - 9.45	Aqua 9.45 - 10.15									
SAT	1		CXWorx 9.00 - 9.25	Body Attack	Body Pump	Zumba							
	2	Body Balance 8.15 - 9.15		Boot Camp 9.30 - 10.30		Pilates 11.30 - 12.30			Yoga 15.30 - 17.00				
	3		Indoor Cycle 8.30 - 9.15	Peak-Fit 9.00-9.30	Indoor Cycle 9.30-10.15	Indoor Cycle 10.30 - 11.15							
SUN	1		Body Pump 8.30 - 9.25	Body Attack	Body Pump	Body Combat							
	2			Ashtanga Yoga	Pilates	Body Balance 11.30 - 12.30			Pilates 16.00 - 17.00				
	3		Indoor Cycle 8.30 - 9.15	Indoor Cycle 9.30-10.15									

























LES MILLS barre

Introducing Les Mills Barre. Launching on Monday 25th February 2019.

Bookings can be made up to seven days in advance of the class, in person or by telephone or online. Numbers are limited. Please make every effort to cancel your classes online or via the club reception.

Book online at: www.thewarwickshire.com

Outdoor Classes - please wear appropriate attire to suit weather conditions

The Warwickshire Class Descriptions		DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	BODY ATTACK	55mins	sports-inspired cardio	up to 735 kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength, endurance & cardio fitness
	BODY STEP	55mins	step based cardio	up to 620 kcals	height adjustable step	the latest fun & funky tunes	improves agility, coordination, strength, endurance & cardio fitness
	LBT	55mins	cardio & conditioning	up to 500 kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves coordination, cardio fitness & tones the body
	STEP/STEP & TONE	55mins	step based cardio	up to 600 kcals	height adjustable step	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body
	BODY COMBAT	55mins	martial arts inspired cardio	up to 735 kcals	none	the latest fun & funky tunes	improves strength & endurance, balance & cardio fitness
	POUND	30/45mins	cardio jam session	up to 450 kcals	ripsticks	nergizing and sweat-dripping fun of playing the drums	improves cardio fitness, core strength & rhythm
	PILATES	55mins	holistic	up to 350 kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	STABILITY BALL	55mins	flexibility, mobility & strength	up to 390 kcals	mat & stability ball	relaxing & calming music	improves stomach & back muscle strength
	TAI CHI	55mins	martial arts inspired holistic	up to 200 kcals	mat	relaxing & calming music	improves balance mobility
	YOGA	60/90mins	variety of yoga styles	up to 300 kcals	yoga mat	relaxing & calming music	increases core strength
	BODY BALANCE	55mins	inspired by yoga, tai chi & pilates	up to 390 kcals	yoga mat optional	soulful, calming & inspiring	improves flexibility, mobility, muscle tone & enhances well being
	BOXING CIRCUITS/CIRCUITS	45mins	cardio & conditioning	up to 500 kcals	hand weights, steps, mats	upbeat tunes	improves coordination, strength & cardio fitness
	BODY PUMP	55mins	weight based resistant training	up to 560 kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	improves strength & endurance, helps shape & tone, helps maintain bone health
	BARRE	45mins	combination of cardio and strength with high reps of small range-of-motion movements and very light weights	up to 250 kcals	light weight	modern music	is a modern version of classic balletic training, designed to shape and tone postural muscles, build core strength
	INSANITY	30mins	cardio-conditioning	up to 400 kcals	plates	modern music	improves core strength
	METAFIT	30mins	high intensity interval training	up to 400 kcals	none	upbeat and dynamic tunes to help motivate you	improves cardio fitness, muscle strength & coordination
	FIT AND FUN	55mins	low impact cardio & strength	up to 350 kcals	small exercise balls, resistance tubes and mats	upbeat	improves mobility, cardio fitness & muscle tone
	INDOOR CYCLE	45/55mins	cardio group cycling	up to 600 kcals	indoor stationary exercise bike	motivating tunes that take you on a cycle experience	improves cardio fitness, muscle strength & endurance
	ZUMBA	55mins	dance inspired cardio	up to 450 kcals	none	latin inspired fitness party	improves coordination, cardio fitness & tones the body
	SH'BAM	45mins	dance inspired cardio	up to 500 kcals	none	chart topping popular hits	improves cardio fitness, muscle strength & coordination
	FITSTEPS	55mins	Latin and ballroom dance inspired cardio	up to 450 kcals	none	Created by Ian Waite & Natalie Lowe inspired by the BBC show Strictly Come Dancing	improves coordination, cardio fitness & tones the body
	PEAK-FIT	30min	agility, strength and endurance	up to 450 kcals	VipR, kettlebell, dumbbells, medicine ball, swiss balls, BOSU, & barbells	upbeat & motivating	improves strength, agility, core stability, cardio fitness, coordination & balance
	BOOT CAMP	60mins	high intensity circuit training	up to 600 kcals	tyres, sand bags, wooden logs, water cannisters, hammers, VIPRs, kettlebells, dumbbells, etc	upbeat & motivating	improves strength & endurance, balance, & cardio fitness
	AQUA	45mins	water based cardio & conditioning	up to 400 kcals	woggles	upbeat & motivating tunes	improves coordination, cardio fitness & tones the body