

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		<b>Metafit Hotspot</b> 9.00 - 9.25	<b>Step</b>	<b>Body Pump</b>	<b>LBT</b>	<b>CXWorx Hotspot</b> 12.30 - 12.55	<b>Zumba</b> 13.00 - 14.00	<b>Body Conditioning</b> 17.30 - 18.15	<b>Metafit</b> 18.15-18.45	<b>Body Combat</b> 18.45 - 19.30	<b>Body Pump</b>	<b>Boxing Circuits Hotspot</b>
	2		<b>Boot Camp</b> 9.30 - 10.30	<b>Body Balance</b>	<b>Yoga</b>	<b>Pilates</b>		<b>Pilates</b>			<b>Body Balance</b>	<b>Fitness Pilates</b>	<b>Yin Yoga</b>
	3 & Pool	spin		spin 9.30-10.15	spin 10.30-11.15	<b>Functional Floor</b> 12.00 - 12.25	spin 13.15 - 14.00				spin 18.30 - 19.15	spin 19.30 - 20.15	
TUES	1		<b>Boxing Circuits</b> 8.30 - 9.25	<b>Body Combat</b>	<b>Body Conditioning</b>	<b>Step &amp; Tone</b>	<b>Body Conditioning</b> 13.00 - 13.45	<b>Fit &amp; Fun</b> 14.00 - 15.00	<b>Body Step</b> 17.45 - 18.25	<b>Body Pump</b>	<b>Body Attack</b>		
	2		<b>Pilates</b> 8.45 - 9.25	<b>Stability Ball</b>	<b>Pilates</b>	<b>Yoga</b>		<b>Easy Yoga</b> 14.00 - 14.55	<b>Pilates</b> 18.00 - 18.55	<b>Yoga</b> 19.00 - 20.25			
	3 & Pool	spin	<b>Aqua</b> 9.00 - 9.45	<b>Aqua</b> 9.45 - 10.30	spin 10.30-11.15	<b>Boot Camp Hotspot</b> 11.30 - 12.00			spin 17.30 - 18.15	spin 18.30-19.15	<b>Aqua</b> 19.00-19.45	spin 19.30 - 20.15	
WEDS	1	<b>Circuits</b> 7.00 - 8.00	<b>CXWorx</b> 9.00 - 9.25	<b>LBT</b>	<b>Sh'bam</b>	<b>Circuits</b>	<b>Body Pump</b> 13.00 - 14.00		<b>CXWorx</b> 17.30 - 17.55	<b>Sh'bam</b> 18.00 - 18.40	<b>Body Attack</b> 18.45 - 19.25	<b>Express Body Pump</b> 19.30 - 20.00	
	2			<b>Tai Chi</b>	<b>Yoga</b> 10.30 - 11.55	<b>Pilates</b> 12.00 - 12.45		<b>Pilates</b> 14.00 - 15.00			<b>Hatha Yoga</b> 18.30 - 19.25	<b>Body Balance</b> 19.30 - 20.30	
	3 & Pool		<b>spin hotspot</b> 8.55 - 9.25	spin 9.40-10.25			<b>spin hotspot</b> 13.15 - 14.00	<b>Aqua</b> 13.15 - 14.00	<b>spin/Circuits</b> 17.30 - 18.25		spin 18.30 - 19.15	spin	
THUR	1			<b>Body Pump</b>	<b>Body Conditioning</b>	<b>Body Combat</b>	<b>Sh'bam Hotspot</b>		<b>Functional Core</b> 17.45 - 18.25	<b>Body Pump</b>	<b>Body Combat</b>		
	2		<b>Pilates</b> 8.45 - 9.25	<b>Body Balance</b>	<b>Hatha Yoga</b> 10.30 - 12.00			<b>Pilates Hotspot</b> 14.00 - 15.00	<b>Body Balance</b> 17.30 - 18.30	<b>Yin Yoga</b>	<b>Pilates</b>	<b>Freestyle Yoga</b>	
	3 & Pool	spin	<b>Aqua</b> 9.30 - 10.15	spin 9.30 - 10.15	spin 10.30 - 11.15		<b>Aqua</b> 13.00 - 13.45		spin 17.30-18.15	spin 18.30-19.15	<b>Functional Floor</b> 19.00 - 19.25		
FRI	1	<b>Metafit</b> 7.00 - 7.30	<b>Body Pump</b> 8.45 - 9.25	<b>Body Attack</b>	<b>Body Conditioning</b>	<b>Metafit</b> 11.30 - 12.00	<b>Fitsteps</b>		<b>Zumba</b> 17.45 - 18.30	<b>Body Pump</b>			
	2	<b>Yoga hotspot</b> 7.00 - 8.00	<b>Pilates</b>	<b>Pilates</b>	<b>Stability Ball</b>	<b>Body Balance</b>	<b>Yoga</b>	<b>Pilates</b>	<b>Pound</b> 17.00 - 17.45	<b>Body Balance</b> 18.00 - 19.00			
	3 & Pool		<b>Aqua</b> 9.00 - 9.45	spin 9.30 - 10.15	<b>Aqua</b> 9.45 - 10.30	spin 10.30 - 11.15				spin 18.00 - 18.45			
SAT	1		<b>CXWorx</b> 9.00 - 9.25	<b>Body Attack</b>	<b>Body Pump</b>	<b>Zumba</b>			<b>Body Pump</b> 16.00 - 17.00				
	2	<b>Body Balance</b> 8.15 - 9.15		<b>Boot Camp</b> 9.30 - 10.30			<b>Pound</b> 12.30 - 13.00						
	3		spin 8.30 - 9.15	spin 9.30-10.15	<b>spin hotspot</b> 10.30-11.15					<b>spin hotspot</b> 15.00 - 15.45			
SUN	1		<b>Body Pump</b> 8.30 - 9.25	<b>Body Attack</b>	<b>Body Pump</b>	<b>Body Combat</b>							
	2			<b>Ashtanga Yoga</b>	<b>Pilates</b>	<b>Body Balance</b>			<b>Pilates</b> 16.00 - 17.00				
	3		spin 8.30 - 9.15	spin 9.30-10.15									

\*Members must book a 15 minute studio technique session for spin & body pump before attending their first class This session can be booked in the Gym at a time suitable for you.










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



Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.

The Warwickshire Class Descriptions	DURATION	EXERCISE TYPE	BURN RATE	EQUIPMENT	MUSIC	RESULTS	
	<b>BODY ATTACK</b>	55mins	sports-inspired cardio	avg. <b>735</b> kcals	none	the latest fun & hard hitting tunes	improves agility, coordination, strength & endurance, improves heart & lung fitness
	<b>BODY STEP</b>	55mins	step based cardio	avg. <b>620</b> kcals	height adjustable step	the latest fun & funky tunes	improves heart & lung fitness, improves agility and coordination, increases strength & endurance
	<b>LBT</b>	55mins	aerobics to music, light weight or no weights for toning	avg. <b>600</b> kcals	hand weights	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	<b>STEP</b>	55mins	step based cardio	avg. <b>600</b> kcals	height adjustable step	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body
	<b>BODY COMBAT</b>	55mins	martial arts inspired cardio	avg. <b>740</b> kcals	none	the latest fun & funky tunes	tones & shapes, increases strength & endurance, builds self confidence
	<b>POUND</b>	30/45mins	full body cardio based workout including strength, yoga & pilates	up to <b>600</b> kcals	ripsticks	jamming music	a full-body cardio Jam session, combining light resistance with constant simulated drumming, fuses cardio and core
	<b>PILATES</b>	55mins	holistic	avg. <b>390</b> kcals	mat	relaxing & calming music	increases core strength, mobility & flexibility
	<b>STABILITY BALL</b>	55mins	flexibility, mobility & strength	avg. <b>390</b> kcals	mat & stability ball	relaxing & calming music	improves muscle tone & strength focusing on the abdominals & back muscles
	<b>TAI CHI</b>	55mins	martial arts inspired holistic	avg. <b>200</b> kcals	mat	relaxing & calming music	improves balance & general mobility increases muscle strength in the legs
	<b>YOGA</b>	60/90mins	variety of yoga styles	up to <b>300</b> kcals	yoga mat	relaxing & calming music	increases core strength
	<b>BODY BALANCE</b>	55mins	inspired by yoga, tai chi & pilates	avg. <b>390</b> kcals	yoga mat optional	soulful, calming & inspiring	improves joint flexibility & range of motion tones & shapes, enhances well being
	<b>CIRCUITS</b>	45mins	cardio & conditioning	avg. <b>500</b> kcals	hand weights, steps, mats	upbeat tunes	increases upper & lower body strength while maximising heart & lung fitness
	<b>BODY PUMP</b>	55mins	weight based resistant training	avg. <b>560</b> kcals	barbell, plate, & height adjustable step	latest hard hitting & inspiring tunes	increases strength & endurance, tones & shapes, helps maintain bone health
	<b>BODY CONDITIONING</b>	55mins	conditioning	avg. <b>500</b> kcals	hand weights, steps & mat	motivating tunes	improves muscle strength upper & lower back and heart & lung fitness
	<b>CXWORX</b>	30mins	small group functional training - low impact & low cardio	up to <b>230</b> kcals	resistant tube & ball	upbeat	improves core strength
	<b>METAFIT</b>	30mins	high intensity interval training	up to <b>400</b> kcals	none	upbeat and dynamic tunes to help motivate you	increase heart & lung fitness improves muscle tone & coordination increases energy
	<b>FUNCTIONAL CORE</b>	40mins	cardio & conditioning	avg. <b>500</b> kcals	ViPR, kettle bell & BOSU	motivating tunes	improves total body strength and heart & lung fitness
	<b>BOXING CIRCUITS</b>	55mins	cardio & conditioning	avg. <b>650</b> kcals	box gloves, mitts steps & mat	highly motivating tunes	increases heart & lung fitness, increases upper body and core strength
	<b>FIT AND FUN</b>	55mins	low impact cardio & strength	avg. <b>400</b> kcals	small exercise balls, resistance tubes and mats	upbeat	low-impact, whole body group fitness workout that boosts fitness and core strength
	<b>spin</b>	45/55mins	cardio group cycling	avg. <b>600</b> kcals	indoor stationary exercise bike	upbeat & motivating tunes taking you on a cycle journey	improves heart & lung fitness, increases strength & endurance
	<b>ZUMBA</b>	55mins	dance inspired cardio	avg. <b>450</b> kcals	none	latin inspired fitness party	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	<b>SH'BAM</b>	45mins	dance inspired cardio	avg. <b>506</b> kcals	none	chart topping popular hits	fat Burning, improve coordination, have fun & improve cv fitness
	<b>FITSTEPS</b>	55mins	Latin and ballroom dance inspired cardio	avg. <b>450</b> kcals	none	Created by Ian Waite & Natalie Lowe inspired by the BBC show Strictly Come Dancing	increase heart & lung fitness, improves muscle tone & coordination, increases energy
	<b>BOOT CAMP</b>	60mins	high intensity circuit training	avg. <b>600</b> kcals	tyres, sand bags, wooden logs, water cannisters, hammers, ViPRs, kettlebells, dumbbells, etc	upbeat & motivating	improves core strength, heart and lung fitness, balance, stability
	<b>AQUA</b>	45mins	water resistance aerobics	avg. <b>400</b> kcals	woggles	upbeat & motivating tunes to dance and tone the body	improves co-ordination, heart and lung fitness, tones the body