



AUTUMN TERM FITNESS CLASS TIMETABLE
MONDAY 7 OCTOBER – SUNDAY 15 DECEMBER 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY	VIRTUAL:YOGA TRANSFORM 07.05-07.40 Cycle Studio	CYCLE: SWEAT 07.05-07.35 Cycle Studio	FLEX 07.10-07.40 Gym	VIRTUAL: YOGA FLOW 07.05-07.40 Cycle Studio	FLEX 07.10-07.40 Gym		
			VIRTUAL: ABS 07.05-07.40 Cycle Studio				
	CYCLE: SPEED 08.05-08.45 Cycle Studio	VIRTUAL: YOGA FLOW 08.05-08.40 Cycle Studio	CYCLE: SWEAT 08.05-08.35 Cycle Studio	CYCLE: SPEED 08.05-08.45 Cycle Studio	CYCLE: SWEAT 08.05-08.35 Cycle Studio		
		KETTLEBELL WORKOUT 08.10-08.40 Gym	FAST CLASS: SKILL RUN 08.45-09.00 Gym				
MORNING							BODY CONDITIONING 09.10-09.55 Studio 2
	FAST CLASS: SKILL MILL 09.15-09.30 Gym	VIRTUAL CYCLE 09.10-09.45 Cycle Studio	VIRTUAL:YOGA TRANSFORM 09.10-09.45 Cycle Studio	TRX 09.10-09.40 Gym	VIRTUAL: YOGA FLOW 09.10-09.45 Cycle Studio	VIRTUAL: ABS 09.10-09.45 Cycle Studio	VIRTUAL CYCLE 09.05-09.55 Cycle Studio
	VIRTUAL CYCLE 10.10-10.45 Cycle Studio	VIRTUAL: ABS 10.05-10.40 Cycle Studio	VIRTUAL: YOGA FLOW 10.10-10.45 Cycle Studio	VIRTUAL CYCLE 10.10-10.45 Cycle Studio	FAST CLASS: SKILL ROW 10.15-10.30 Gym	VIRTUAL: YOGA FLOW 10.10-10.45 Cycle Studio	PILATES 10.10-10.55 Studio 2
						CYCLE: SPEED 11.10-11.50 Cycle Studio	VIRTUAL: TOTAL BODY 11.10-11.45 Cycle Studio
LUNCHTIME	VIRTUAL CYCLE 12.10-12.45 Cycle Studio	VIRTUAL YOGA TRANSFORM 12.10-12.45 Cycle Studio	CYCLE: SURGE 12.10-12.50 Cycle Studio	CYCLE: SWEAT & STRETCH 12.10-12.50 Cycle Studio	BODY BLAST 12.15-12.45 Studio 2		
	PILATES 12.10-12.50 Studio 1	CORE & STABILITY 12.15-12.45 Studio 1	FITBALL & STRETCH 12.10-12.50 Studio 1	3-2-1 12.10-12.50 Studio 2	VIRTUAL:YOGA TRANSFORM 12.10-12.50 Cycle Studio		
	STUDIO PUMP 12.10-12.50 Studio 2	ZUMBA FITNESS 12.10-12.50 Studio 2	STUDIO PUMP 12.10-12.50 Studio 2		FAST CLASS: SKILL MILL 12.15-12.30 Gym		
	VIRTUAL YOGA FLOW 13.10-13.45 Cycle Studio	CYCLE: SWEAT 13.15-13.45 Cycle Studio	SLOW FLOW YOGA 13.10-13.50 Studio 1	VIRTUAL ABS 13.10-13.45 Cycle Studio	VIRTUAL CYCLE 13.10-13.45 Cycle Studio		
	TRX 13.10-13.40 Gym	TOTAL TONE 13.10-13.50 Studio 2	KETTLEBELL WORKOUT 13.10-13.40 Gym	YOGA 13.10-13.50 Studio 1	FREESTYLE FITNESS YOGA 13.10-13.50 Studio 2		
	META FIT 13.10-13.50 Studio 2	MEDITATION 13.10-13.50 Studio 1	STEP 13.10-13.45 Studio 2	LEGS, BUMS & TUMS 13.10-13.50 Studio 2			
AFTERNOON	VIRTUAL: ABS 14.10-14.45 Cycle Studio	FLEX 14.10-14.40 Gym	VIRTUAL:YOGA TRANSFORM 14.10-14.45 Cycle Studio	FLEX 14.10-14.40 Gym	VIRTUAL: TOTAL BODY 14.10-14.45 Cycle Studio		
	VIRTUAL: YOGA FLOW 15.10-15.45 Cycle Studio	FAST CLASS: SKILL BIKE 15.15-15.30 Gym	VIRTUAL: ABS 15.10-15.45 Cycle Studio	VIRTUAL CYCLE 15.10-15.45 Cycle Studio	VIRTUAL: YOGA FLOW 15.10-15.45 Cycle Studio	VIRTUAL YOGA TRANSFORM 15.05-15.55 Cycle Studio	VIRTUAL CYCLE 15.05-15.55 Cycle Studio
EVENING	VIRTUAL CYCLE 17.10-17.45 Cycle Studio	VIRTUAL ABS 17.10-17.45 Cycle Studio	IMPACT 17.15-17.45 Studio 2	VIRTUAL PLYOGA 17.10-17.50 Cycle Studio	FREESTYLE FITNESS YOGA 17.10-17.55 Studio 3&4	VIRTUAL CYCLE 17.05-17.55 Cycle Studio	VIRTUAL YOGA FLOW 17.10-17.45 Cycle Studio
	CARDIO KICK & CORE 17.10-17.55 Studio 2	HIIT 17.15-17.45 Studio 2	VIRTUAL TOTAL BODY WORKOUT 17.10-17.45 Cycle Studio	EXTREME WORKOUT CHALLENGE 17.10-17.50 Studio 2	STUDIO PUMP 17.05-17.55 Studio 2		
		CARDIO TENNIS 18.00-19.00 Tennis Courts			INSANITY 18.05-18.55 Studio 2		
	FREESTYLE FITNESS YOGA 18.10-18.55 Studio 1	CYCLE: SPEED 18.10-18.50 Cycle Studio	VIRTUAL YOGA FLOW 18.10-18.45 Cycle Studio	CYCLE: SWEAT 18.15-18.45 Cycle Studio	VIRTUAL CYCLE 18.10-18.45 Cycle Studio		
	VIRTUAL ABS 18.10-18.45 Cycle Studio	STRONG by Zumba 18.10-18.55 Studio 2	LEGS, BUMS & TUMS 18.10-18.55 Studio 2	PILATES FOR STRENGTH 18.10-18.55 Studio 1		VIRTUAL ABS 18.10-18.45 Cycle Studio	VIRTUAL YOGA TRANSFORM 18.10-18.45 Cycle Studio
	VIRTUAL CYCLE 19.10-19.45 Cycle Studio	VIRTUAL YOGA TRANSFORM 19.05-19.55 Cycle Studio	CYCLE: SPEED 19.10-19.55 Cycle Studio	VIRTUAL YOGA FLOW 19.10-19.45 Cycle Studio	VIRTUAL YOGA TRANSFORM 19.05-19.55 Cycle Studio	VIRTUAL YOGA FLOW 19.10-19.45 Cycle Studio	VIRTUAL YOGA FLOW 19.10-19.45 Cycle Studio

Mind & Body Energise, stretch & unwind in classes that calm both the body & mind	
Fitball & Stretch	A whole-body workout that will tone and strengthen those key core muscles. Combines stability ball work and general core conditioning exercises with extended stretching to develop flexibility (All levels)
Freestyle Fitness Yoga	A fitness based class that incorporates flexibility, strength, yoga postures & disciplines. Includes full body warm up, moving into challenging but easy to follow posture sequences. (All levels)
Meditation	Reduce stress & anxiety, relieve muscle tension, improve sleep - Take some time out to calm both the body and mind, combining gentle movement & meditations (All levels)
Pilates	A combination of standing & floor based exercises that aim to improve posture, develop mobility, tone & flexibility, and strengthen core muscles (All levels)
Pilates for Strength	Whatever your goals, developing a strong core should be an essential component of all training. Pilates for Strength is a challenging workout that will build core strength, balance & flexibility. (Level: intermediate)
Slow Flow Yoga	Through flowing sequences, this class builds on strength and balance whilst being relaxing and meditative (All levels)
Yoga	Hatha yoga, focus on asana (postures), pranayama (breathing exercises) and relaxation (All levels)
TURBO: Gym Based Fitness Boost your fitness! Functional Fitness sessions led by the Essex Sport Gym Team	
A series of 30 minute, high energy workouts within Essex Sport Gym's functional zone	
FLEX	An energetic & varied session, combining kettlebells, medicine balls, body weight exercises and more. Tone, sculpt & strengthen in this whole body workout (All levels)
Kettlebell	Kettlebell workout that combines cardiovascular & strength exercises. (All levels)
TRX	Suspension training body weight exercises used to develop strength, balance, flexibility & core stability (All levels)
Fast Classes: RUN, ROW or RIDE in these 15 minute equipment focused workouts, led by the Essex Sport Gym team	
SKILL BIKE, SKILL ROW, SKILL RUN, SKILL MILL	A short & effective workout that will introduce you to our new Skill Line equipment (All levels)
ACCELERATE: Group Cycle Get ready to pick up the pace in these high energy cycle classes	
SPEED	Pick up the pace! A high energy class combining steady pace, speed intervals & hill climbs for a challenging and effective cardio workout (All levels)
SWEAT	Ready to Sweat?! All the energy of our full class in just 30minutes (All levels)
SWEAT & STRETCH	Sweat, Stretch & Recover with 20mins of cycle drills, followed by stretch & mobility exercises, incorporating resistance bands, and massage balls (All levels)
SURGE	Join the ride & Surge! A results driven cycle session, to develop power, efficiency, endurance & overall fitness. Individual focus for sessions will include: *Challenge *Hills *Intervals *Power & Endurance (Level: Intermediate)
ENHANCE Fitness Classes Fun, Fit & Fab – a range of dance, strength & cardio sessions to enhance all round fitness	
Body Blast	30mins express workout, combining cardio & conditioning exercises. (All levels)
Body Conditioning	Combines cardio & resistance exercises to develop all round fitness. A fun and easy to follow workout (All levels)
Cardio Kick	A Cardio based workout, that combines aerobic intervals and punch/kick combinations, finishing with core conditioning and stretch (All levels)
Cardio Tennis	Burn calories while hitting balls! An exciting tennis inspired cardio workout. (No tennis skills required)
Core & Stability	Strengthen up that core!! High intensity class focusing on abdominal core strength and stability exercises. (All levels)
Extreme Workout Challenge	Combining interval & tabata training, and fun fitness games & challenges. Ideal as a group training session or to push your own fitness levels (Level: intermediate)
HIIT	Range of interval & tabata training. (Level: intermediate)
Impact	High energy & highly motivating, this 30minute session combines individual & team challenges to develop all round fitness (All levels)
Insanity	Insanity® is a pre-designed interval class that requires no equipment, is easy to learn and fun to participate in. A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training, resulting in more calories burned, faster results, and a more efficient metabolism. Offering a variety of modifications, it is suitable for all fitness levels. (Level: intermediate - not suitable for those new to exercise)
Legs, bums & tums	A traditional conditioning class focusing on the larger muscle groups – For those who want to tone and shape up, a gentle and low impact workout (All levels)
Metafit	Metafit is a body weight training class. Its aim is to burn calories, tone the muscles and improve fitness. (Level: intermediate)
STEP	A Step class suitable for all levels, with options to make it easier or more difficult, depending on your ability (All levels)
Studio Pump	Have an amazing workout in this barbell weights class to music. Tone up & build strength & stamina in this whole body workout (All levels)
Total Tone	A body weight exercise class providing a whole body workout, and finishing with focus on the abs (All levels)
Zumba	Join the Party! Zumba Fitness is an easy to follow, Latin inspired, high-energy, calorie-burning, fitness party! (All levels)
STRONG by Zumba	Push your limits in this unique HIIT class from Zumba. With songs to match every move, this class is designed to drive intensity & motivation through an athletic, conditioning workout (Level: intermediate)
3-2-1	A varied workout that combines 3 minutes aerobics, 2 minutes STEP combo, and 1 minute of body conditioning. (All levels)
Virtual Fitness Classes	A range of cycle, yoga & conditioning sessions delivered via Fitness on Demand. See website for individual class descriptions.

Book your place online, via the Essex Sport App, or at the Sport Centre Reception.

For more information, visit:
www.essex.ac.uk/sport/fitness-classes