

**AUTUMN TERM FITNESS CLASS TIMETABLE**  
**Monday 12 October – Sunday 20 December 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY	<b>FLEX</b> 07.15-07.45 SPORTS HALL	VIRTUAL CYCLE 07.10-07.45 Cycle Studio	VIRTUAL YOGA FLOW 07.10-07.45 Cycle Studio	<b>CYCLE: SWEAT</b> 07.10 -07.40 Cycle Studio	VIRTUAL CYCLE 07.10-07.45 Cycle Studio		
	VIRTUAL YOGA FLOW 08.10-08.45 Cycle Studio	<b>AB ATTACK</b> 08.15-08.45 SPORTS HALL	<b>FLEX</b> 08.15-08.45 SPORTS HALL	VIRTUAL YOGA TRANSFORM 08.10-08.45 Cycle Studio	<b>FLEX</b> 08.15-08.45 SPORTS HALL		

MORNING	VIRTUAL CYCLE 09.10-09.45 Cycle Studio	VIRTUAL YOGA FLOW 09.10-09.45 Cycle Studio	VIRTUAL CYCLE 09.10-09.45 Cycle Studio	VIRTUAL HIIT 09.10-09.45 Cycle Studio	VIRTUAL PLYOGA 09.10-09.45 Cycle Studio		
	VIRTUAL ABS 10.10-10.45 Cycle Studio	VIRTUAL CYCLE 10.10-10.45 Cycle Studio	VIRTUAL ABS 10.10-10.45 Cycle Studio	VIRTUAL YOGA FLOW 10.10-10.45 Cycle Studio	VIRTUAL HIIT 10.10-10.45 Cycle Studio	VIRTUAL YOGA FLOW 10.10-10.45 Cycle Studio	VIRTUAL HIIT 10.10-10.45 Cycle Studio
							<b>DANCE FITNESS</b> 10.15-10.50 SPORTS HALL
						<b>CYCLE: SPEED</b> 11.10-11.45 Cycle Studio	VIRTUAL CYCLE 11.10-11.45 Cycle Studio
							<b>PILATES</b> 11.10-11.50 SPORTS HALL

LUNCHTIME	<b>PILATES</b> 12.10-12.50 SPORTS HALL	<b>DANCE FITNESS</b> 12.10-12.50 SPORTS HALL	<b>CYCLE: SURGE</b> 12.15-12.45 Cycle Studio	<b>STUDIO PUMP</b> 12.10-12.50 Studio 2	<b>BODY BLAST</b> 12.15-12.45 SPORTS HALL		
	<b>METAFIT</b> 12.10-12.50 Studio 2	<b>CORE &amp; STABILITY</b> 12.15-12.45 Studio 2	<b>LEGS, BUMS &amp; TUMS</b> 12.10-12.50 SPORTS HALL	<b>3-2-1</b> 12.10-12.50 SPORTS HALL			
	VIRTUAL YOGA FLOW 12.10-12.45 Cycle Studio	VIRTUAL HIIT 12.10-12.45 Cycle Studio	SLOW FLOW YOGA 12.10-12.50 Studio 2	VIRTUAL PLYOGA 12.10-12.45 Cycle Studio	VIRTUAL HIIT 12.10-12.45 Cycle Studio	VIRTUAL HIIT 12.10-12.45 Cycle Studio	VIRTUAL YOGA FLOW 12.10-12.45 Cycle Studio
	<b>AB ATTACK</b> 13.15-13.45 STUDIO 2	<b>CYCLE: SWEAT</b> 13.15-13.45 Cycle Studio	HIIT 13.15-13.45 Studio 2	ABS & STRETCH 13.10-13.50 Studio 2	<b>FREESTYLE FITNESS YOGA</b> 13.10-13.50 SPORTS HALL		
	<b>STUDIO PUMP</b> 13.10-13.50 SPORTS HALL	<b>TOTAL TONE</b> 13.10-13.50 SPORTS HALL	<b>STEP</b> 13.10-13.50 SPORTS HALL	<b>YOGA</b> 13.10-13.50 SPORTS HALL	<b>CYCLE: SWEAT</b> 13.15-13.45 Cycle Studio		
	VIRTUAL CYCLE 13.10-13.45 Cycle Studio	MEDITATION 13.10-13.50 Studio 2	VIRTUAL YOGA TRANSFORM 13.10-13.45 Cycle Studio	VIRTUAL CYCLE 13.10-13.45 Cycle Studio		VIRTUAL YOGA TRANSFORM 13.10-13.45 Cycle Studio	VIRTUAL ABS 13.10-13.45 Cycle Studio

	VIRTUAL HIIT 15.10-15.45 Cycle Studio	VIRTUAL ABS 15.10-15.45 Cycle Studio	VIRTUAL CYCLE 15.10-15.45 Cycle Studio	VIRTUAL ABS 15.10-15.45 Cycle Studio	VIRTUAL CYCLE 15.15-15.45 Cycle Studio	VIRTUAL ABS 15.10-15.45 Cycle Studio	VIRTUAL YOGA TRANSFORM 15.10-15.45 Cycle Studio
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EVENING	<b>BODY BLAST</b> 17.15-17.50 Studio 2	HIIT 17.15-17.50 Studio 2	<b>LBT</b> 17.15-17.45 SPORTS HALL	<b>PILATES for STRENGTH</b> 17.10-17.50 SPORTS HALL	<b>FREESTYLE FITNESS YOGA</b> 17.10-17.50 Studio 2		
	<b>CYCLE: SWEAT</b> 17.15-17.45 Cycle Studio	VIRTUAL YOGA FLOW 17.10-17.45 Cycle Studio	VIRTUAL CYCLE 17.10-17.45 Cycle Studio	VIRTUAL YOGA FLOW 17.10-17.45 Cycle Studio	VIRTUAL HIIT 17.10-17.45 Cycle Studio		
					<b>INSANITY</b> 17.10-17.50 SPORTS HALL		
	<b>FREESTYLE FITNESS YOGA</b> 18.10-18.50 SPORTS HALL	<b>CYCLE: SURGE</b> 18.15-18.45 Cycle Studio	<b>EXTREME WORKOUT</b> 18.10-18.50 Studio 2	<b>CYCLE: SWEAT</b> 18.15-18.45 Cycle Studio	<b>STUDIO PUMP</b> 18.10-18.50 Studio 2		
	VIRTUAL ABS 18.10-18.45 Cycle Studio		VIRTUAL YOGA FLOW 18.10-18.45 Cycle Studio	<b>STRONG Nation - TBC</b> 18.10-18.50 Studio 2	VIRTUAL CYCLE 18.10-18.45 Cycle Studio		
	VIRTUAL YOGA FLOW 19.10-19.45 Cycle Studio	VIRTUAL CYCLE 19.10-19.45 Cycle Studio	VIRTUAL HIIT 19.10-19.45 Cycle Studio	VIRTUAL ABS 19.10-19.45 Cycle Studio	VIRTUAL PLYOGA 19.10-19.45 Cycle Studio		

**Please note:**

Studio 2 classes and virtual classes are available to **University of Essex student members only** during this time.

Sports Hall classes and live cycle classes are available to all members.

Peak and off-peak membership access still applies.

### Class Descriptions

Fitness	
Fun, Fit & Fab – a range of dance, strength & cardio sessions to enhance all round fitness	
<b>Ab Attack</b>	Challenging abdominal workout led by the Essex Sport Gym Team (All levels)
<b>Abs &amp; Stretch</b>	Tone & strengthen the core, followed by extended stretch. Led by the Essex Sport Gym Team (All levels)
<b>Body Blast</b>	30mins express workout, combining cardio & conditioning exercises. (All levels)
<b>Core &amp; Stability</b>	Strengthen up that core!! High intensity class focusing on abdominal core strength and stability exercises (All levels)
<b>Dance Fitness</b>	Have fun & develop all round fitness in this easy to follow dance based workout (All levels)
<b>Extreme Workout</b>	Combining interval & tabata training, and fun fitness games & challenges. Ideal as a group training session or to push your own fitness levels (Level: intermediate)
<b>FLEX</b>	Functional fitness session led by the Essex Sport Gym Team. Tone, sculpt & strengthen in this whole body workout (All levels)
<b>HIIT</b>	Range of interval & tabata training. (Level: intermediate)
<b>Insanity</b>	Insanity® is a predesigned 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)
<b>Legs, bums &amp; tums</b>	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)
<b>Metafit</b>	Metafit is a body weight training class. Its aim is to burn calories, tone the muscles and improve fitness. (Level: intermediate)
<b>STEP</b>	A Step class suitable for all levels, with options to make it easier or more difficult, depending on your ability (All levels)
<b>Strong Nation</b>	Formally 'Strong by Zumba', this class is designed to drive intensity & motivation through an athletic, conditioning workout. Push your limits in this unique HIIT class, with songs to match every move. (Level: intermediate)
<b>Studio Pump</b>	Have an amazing workout in this weights class to music. Tone up & build strength & stamina in this whole body workout (All levels)
<b>Total Tone</b>	A body weight exercise class providing a whole body workout, and finishing with focus on the abs (All levels)
<b>3-2-1</b>	A varied workout that combines 3 minutes aerobics, 2 minutes STEP combo, and 1 minute of body conditioning. (All levels)

Mind & Body	
Energise, stretch & unwind in classes that calm both the body & mind	
<b>Freestyle Fitness Yoga</b>	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)
<b>Meditation</b>	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)
<b>Pilates</b>	A combination of standing & floor based exercises that aim to improve posture, develop mobility, tone & flexibility, and strengthen core muscles (All levels)
<b>Pilates for Strength</b>	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)
<b>Slow Flow Yoga</b>	Through flowing sequences, this class builds on strength and balance whilst being relaxing and meditative (All levels)
<b>Yoga</b>	Hatha yoga, focus on asana (postures), pranayama (breathing exercises) and relaxation (All levels)

Group Cycle	
Get ready to pick up the pace in these high energy cycle classes	
<b>Speed</b>	Pick up the pace! A high energy class combining steady pace, speed intervals & hill climbs for a challenging and effective cardio workout (All levels)
<b>Surge</b>	The ultimate in competitive cycle workouts! Combining both individual & group challenges- a motivating cycle session that will push you to your limits. Join the ride and Surge! (Level: Intermediate)
<b>Sweat</b>	Ready to Sweat?! All the energy of our full class in just 30minutes (All levels)

Virtual Classes	
A range of cycle, yoga & conditioning sessions delivered via Fitness on Demand	
<b>Abs</b>	A series of 30 minute conditioning workouts from the 'killer' series by Jillian Michaels. Combining cardio & abs in a high energy conditioning workout (All levels)
<b>Cycle</b>	30 minute interval training. Strengthen legs and increase heart and lung function as well as develop all round fitness (All levels)
<b>HIIT</b>	High energy, interval training to develop all around fitness (All levels)
<b>Plyoga Express</b>	Combines dynamic plyometric movements with yoga postures as an active recovery. Develop all round fitness, and promote balance, flexibility and core strength. (Level: intermediate)
<b>Yoga Flow</b>	30 minute flow-based classes from 'my yoga works'. Develop strength, balance and flexibility with these well balanced flow sessions. (All levels)
<b>Yoga Transform</b>	Uniting yoga and sport in a new and exciting workout. Transform is a mind & body experience that combines traditional yoga moves with plyometric and strength based exercises. (All levels)

Book your place [online](#) or via the [Essex Sport App](#).

Classes may be subject to change. Class formats may be slightly different in order to align with social distancing and enhanced health and hygiene guidelines.

For more information, visit:

[www.essex.ac.uk/sport/fitness-classes](http://www.essex.ac.uk/sport/fitness-classes)