

**RE-OPENING FITNESS CLASS TIMETABLE**  
**Monday 21 September – Sunday 11 October 2020**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY	FLEX 07.15-07.45 SPORTS HALL	VIRTUAL CYCLE 07.10-07.45 Cycle Studio	VIRTUAL YOGA 07.10-07.45 Cycle Studio	CYCLE: SWEAT 07.15 -07.45 Cycle Studio	VIRTUAL CYCLE 07.10-07.45 Cycle Studio		
	VIRTUAL YOGA 08.10-08.45 Cycle Studio	AB ATTACK 08.15-08.45 SPORTS HALL	FLEX 08.15-08.45 SPORTS HALL	VIRTUAL YOGA 08.10-08.45 Cycle Studio	FLEX 08.15-08.45 SPORTS HALL		
MORNING	VIRTUAL CYCLE 09.10-09.45 Cycle Studio	VIRTUAL YOGA 09.10-09.45 Cycle Studio	VIRTUAL CYCLE 09.10-09.45 Cycle Studio	VIRTUAL HIIT 09.10-09.45 Cycle Studio	VIRTUAL YOGA 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 10.10-10.45 Cycle Studio	VIRTUAL HIIT 10.10-10.45 Cycle Studio	VIRTUAL YOGA 10.10-10.45 Cycle Studio	VIRTUAL HIIT 10.10-10.45 Cycle Studio
						VIRTUAL CYCLE 11.10-11.45 Cycle Studio	VIRTUAL CYCLE 11.10-11.45 Cycle Studio
LUNCHTIME	AB ATTACK 12.15-12.45 SPORTS HALL	CORE & STABILITY 12.15-12.45 SPORTS HALL	CYCLE: SURGE 12.15-12.45 Cycle Studio	FLEX 12.15-12.45 SPORTS HALL	BODY BLAST 12.15-12.45 SPORTS HALL		
	VIRTUAL YOGA 12.10-12.45 Cycle Studio	VIRTUAL HIIT 12.10-12.45 Cycle Studio		VIRTUAL YOGA 12.10-12.45 Cycle Studio	VIRTUAL CYCLE 12.10-12.45 Cycle Studio	VIRTUAL HIIT 12.10-12.45 Cycle Studio	VIRTUAL YOGA 12.10-12.45 Cycle Studio
	FREESTYLE FITNESS YOGA 13.10-13.50 SPORTS HALL	CYCLE: SWEAT 13.15-13.45 Cycle Studio	HIIT 13.15-13.45 SPORTS HALL	ABS & STRETCH 13.10-13.50 SPORTS HALL	FREESTYLE FITNESS YOGA 13.10-13.50 SPORTS HALL		
	VIRTUAL CYCLE 13.10-13.45 Cycle Studio		VIRTUAL YOGA 13.10-13.45 Cycle Studio	VIRTUAL CYCLE 13.10-13.45 Cycle Studio	VIRTUAL HIIT 13.10-13.45 Cycle Studio	VIRTUAL YOGA 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 15.10-15.45 Cycle Studio
EVENING	BODY BLAST 17.15-17.45 Studio 2	HIIT 17.15-17.50 Studio 2	ABS & STRETCH 17.15-17.45 SPORTS HALL	FLEX 17.10-17.50 SPORTS HALL	FREESTYLE FITNESS YOGA 17.10-17.50 SPORTS HALL		
	VIRTUAL CYCLE 17.10-17.45 Cycle Studio	VIRTUAL YOGA 17.10-17.45 Cycle Studio	VIRTUAL CYCLE 17.10-17.45 Cycle Studio	VIRTUAL YOGA 17.10-17.45 Cycle Studio	VIRTUAL HIIT 17.10-17.45 Cycle Studio		
	FREESTYLE FITNESS YOGA 18.10-18.50 SPORTS HALL	CYCLE: SURGE 18.15-18.45 Cycle Studio	EXTREME WORKOUT 18.10-18.50 Studio 2	CYCLE: SWEAT 18.15-18.45 Cycle Studio	AB ATTACK 18.15-18.50 Studio 2		
	VIRTUAL ABS 18.10-18.45 Cycle Studio		VIRTUAL YOGA 18.10-18.45 Cycle Studio		VIRTUAL CYCLE 18.10-18.45 Cycle Studio		
	VIRTUAL YOGA 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 YOGA 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.