



UNIVERSITY
OF HULL

THE BEACON

FITNESS CLASS TIMETABLE

SEPT-DEC

sport@hull.ac.uk



MONDAY

360 Rig
07:15 - 08:00

Spin
12:30 - 13:00

Insanity
17:30 - 18:00

Express Abs
18:00 - 18:30

Body Pump™
18:30 - 19:30

Strength Camp
18:30 - 19:15

TUESDAY

Spin
07:15 - 08:00

360 Rig
12:30 - 13:00

Zumba
17:30 - 18:30

360 Rig
17:30 - 18:15

Spin
18:30 - 19:15

Fitness Yoga
19:15 - 20:00

WEDNESDAY

360 Rig
07:15 - 08:00

360 Rig
12:30 - 13:00

360 Rig
17:15 - 18:00

Body Pump™
17:30 - 18:30

Express Abs
18:30 - 19:00

Spin
18:30 - 19:00

Body Combat™
19:00 - 19:45

THURSDAY

Spin
07:15 - 08:00

Circuit
12:30 - 13:00

Insanity
17:30 - 18:00

Express Abs
18:00 - 18:30

Spin
18:00 - 18:30

Fitness Yoga
18:30 - 19:30

FRIDAY

360 Rig
07:15 - 08:00

Spin
17:30 - 18:15

360 Rig
18:15 - 19:00

Body Attack™
18:15 - 19:15

SATURDAY

Body Pump™
09:30 - 10:30

Express Abs
10:30 - 11:00

SUNDAY

Body Attack™
09:30 - 10:30

Supple Strength
10:30 - 11:30

**BOOKING
REQUIRED FOR
ALL CLASSES**

Call: 01482 466234

DON'T FORGET...

If you visit us in your car you'll need to display one of our parking permits. Get one at reception.

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BODY ATTACK™

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises.

CIRCUIT

Station to station exercises performed with short rest periods, aimed at improving cardiovascular fitness and muscular endurance.

SUPPLE STRENGTH

This holistic workout blends yoga, Pilates and conditioning to engage your mind and muscles. Focuses on posture, core stability and body alignment to stretch and strengthen.

STRENGTH CAMP

Held both indoors and outdoors, this class will improve your cardiovascular fitness and muscular strength. Involves deadlifts, squats and tyre-flipping.

BODY COMBAT™

This interval training is fiercely energetic and is inspired by mixed martial arts. Supported by driving music, you will strike, punch, kick and kata your way through.

SPIN

A group indoor cycling class that focuses on strength, speed and endurance. You'll be guided through different workout phases including hill climbs, flat terrains and time trials.

INSANITY

You'll work flat out in 3 to 5 minute blocks and take breaks only long enough to gulp some air and get right back to work. It's called max interval training, because it keeps your body working at maximum capacity through your entire workout.

FITNESS YOGA

A modern twist on traditional styles of yoga. This freestyle class targets flexibility, core stability and strength.

360 RIG

Try out this new session on the gym rig, functional training in a circuit style class suitable for all abilities and fitness levels.

ZUMBA

Combines Latin and international music with a fun and effective workout system. With classes and instructors worldwide, anyone can join the party!

BODY PUMP™

Bodypump™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Bodypump™ gives you a total body workout burning up to 590 calories per session!

EXPRESS ABS

Designed to target your torso. Working all aspects of the abs and back, sculpting your abs into shape and strengthening your core, which is the key to your overall strength.

ONE-ON-ONE SESSIONS

If you have a specific fitness goal, why not book a session with one of our personal trainers? Our personal programmes take into account your lifestyle, exercise history and likes and dislikes. Whatever your fitness level, our team will work with you to help you get the most from your training. Ask a member of staff today.