



# FIND YOUR FITNESS CLASS TIMETABLE

SEPTEMBER 23 - DECEMBER 15

## MONDAY

STUDIO 2 STUDIO 3 GYM

Step 17:45 - 18:30	Spin 12:30 - 13:00	Rig 07:15 - 08:00
Body Pump 18:30 - 19:30	Insanity 17:30 - 18:00	The Bridge 18:00 - 19:00
	Abs 18:00 - 18:30	

## TUESDAY

STUDIO 2 STUDIO 3 GYM

Zumba 17:30 - 18:30	Spin 07:15 - 08:00	Rig 12:30 - 13:00
Body Attack 18:30 - 19:30	Spin 17:45 - 18:30	The Bridge 17:30 - 18:30
	Yoga 18:30 - 19:30	

## WEDNESDAY

STUDIO 2 STUDIO 3 GYM

Body Pump 17:30 - 18:15	Legs, Bums and Tums 17:45 - 18:30	Rig 07:15 - 08:00
Combat 18:15 - 19:00	Spin 18:30 - 19:15	Rig 12:30 - 13:00
Abs 19:00 - 19:30		The Bridge 17:30 - 18:30

## THURSDAY

STUDIO 2 STUDIO 3 GYM

Circuits 12:30 - 13:00	Spin 07:15 - 08:00	The Bridge 17:30 - 18:30
Body Attack 17:30 - 18:15	Spin 18:00 - 18:30	
Body Pump 18:30 - 19:30	Yoga 18:30 - 19:30	

## FRIDAY

STUDIO 2 STUDIO 3 GYM

Body Combat 17:30 - 18:15	Spin 12:30 - 13:00	The Bridge 07:15 - 08:15
		The Bridge 18:00 - 19:00

## SATURDAY

STUDIO 2 STUDIO 3

Body Pump 09:30 - 10:30	Spin 09:30 - 10:15
	Yoga 10:30 - 11:30

## SUNDAY

STUDIO 2

Body Attack 09:15 - 10:00
Zumba 10:00 - 11:00

## 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.

# HULL SPORT

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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.

## THE BRIDGE

This class incorporates strength, mobility and conditioning and will start with a technique / strength section and finish with conditioning which is sure to put you through your paces.

## 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.

## YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

## 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!

## LEGS, BUMS AND TUMS

Legs, Bums and Tums is a low-impact class designed to help you tone up and increase flexibility. It's fun, friendly and suitable for everyone.

## STEP

A classic cardio workout that's lasted for decades for one simple reason: it gets results. The 'Step' is a raised platform that you step onto and around in different patterns to boost your heart rate and your breathing, and strengthen your muscles.

## 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.