



# FITNESS CLASS TIMETABLE

**BOOKING  
REQUIRED FOR ALL  
CLASSES**

Call: 01482 466234  
sport@hull.ac.uk



## MONDAY

| studio 2                   | studio 3                                | Gym                  |
|----------------------------|---|----------------------|
| INSANITY<br>17:30 - 18:00  | SPIN<br>12:30- 13:00                    | RIG<br>07:15 - 08:00 |
| ABS<br>18:00 - 18:30       | LEGS, BUMS<br>AND TUMS<br>17:30 - 18:30 |                      |
| BODY PUMP<br>18:30 - 19:30 |   |                      |

## TUESDAY

| studio 2                     | studio 3              | Gym                       |
|------------------------------|-----------------------|---------------------------|
|                              | SPIN<br>07:15- 08:00  | RIG<br>12:30 - 13:00      |
| ZUMBA<br>17:30 - 18:30       | ABS<br>17:45 - 18:30  |                           |
|                              | studio 1              | PERFORMANCE<br>ZONE       |
| BODY ATTACK<br>18:30 - 19:30 | YOGA<br>18:30 - 19:30 | BOOTCAMP<br>18:00 - 19:00 |

## WEDNESDAY

| studio 2                     | studio 3                                | Gym                         |
|------------------------------|---|-----------------------------|
| BODY PUMP<br>17:30 - 18:15   | LEGS, BUMS<br>AND TUMS<br>17:45 - 18:30 | RIG<br>07:15 - 08:00        |
| BODY COMBAT<br>18:15 - 19:00 |   | RIG<br>12:30 - 13:00        |
|                              | COACH BY<br>COLOUR<br>18:30 - 19:15     | THE BRIDGE<br>17:30 - 18:30 |
| ABS<br>19:00 - 19:30         |   |                             |

## THURSDAY

| studio 2                     | studio 3              |                           |
|------------------------------|-----------------------|---------------------------|
| CIRCUITS<br>12:30 - 13:00    | SPIN<br>07:15- 08:00  |                           |
| BODY ATTACK<br>17:30 - 18:15 | SPIN<br>18:00 - 18:30 | PERFORMANCE<br>ZONE       |
| BODY PUMP<br>18:30 - 19:30   | YOGA<br>18:30 - 19:30 | BOOTCAMP<br>18:00 - 19:00 |

## FRIDAY

| studio 2                     | studio 3                           | Gym                         |
|------------------------------|------------------------------------|-----------------------------|
| BODY COMBAT<br>17:30 - 18:15 | COACH BY<br>COLOUR<br>12:30- 13:00 | THE BRIDGE<br>07:15 - 08:15 |

## SATURDAY

| studio 2                   | studio 3                           | PERFORMANCE<br>ZONE           |
|----------------------------|------------------------------------|-------------------------------|
| BODY PUMP<br>09:30 - 10:30 | COACH BY<br>COLOUR<br>09:30- 10:15 | CONDITIONING<br>09:30 - 10:30 |
|                            | YOGA<br>10:30 - 11:30              |                               |

## SUNDAY

| studio 2                     | studio 2               |
|------------------------------|------------------------|
| BODY ATTACK<br>09:15 - 10:00 | ZUMBA<br>10:00 - 11:00 |



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## COACH BY COLOUR INDOOR CYCLING

This indoor cycling class focuses on personal development. A riders colour zone will be a product of their output in relation to their Functional Threshold Power (FTP). Every rider will have an individual FTP, and as such will have a console personal to them and their ability. Please speak to a member of the team for more information.

## 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.

## 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.

## 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.

## 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.

## 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

## LEGS, BUMS AND TUMS

Legs, Bums and Tums is a low-impact class designed to help you tone up and increase flexibility.

## CONDITIONING

The perfect way to kick off your weekend, this conditioning class is fast paced and works at high intensities. This session is lead by our qualified coaches.

## BOOTCAMP

A intense mix of cardiovascular and strength based training, an old school feel with a modern twist.

## 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.

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