

REQUIRED FOR CLASSES Call: 01482 Spor I.ac.uk

Studio 1 ZUMBA 17:30 - 18:30 RHIAN Studio 2 YOGA 18:30 - 19:30 SARA

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.

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.

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

BOOKING **REQUIRED FOR ALL** CLASSES

Call: 01482 466234 sport@hull.ac.uk

MONDAY

Studio 3

SPIN 12:30 - 13:00 LEZ

Studio 3

INSANITY + Abs 17:30 - 18:20 **BODY PUMP** 18:30-19:30 LAYLA

TUESDAY

0	Studio 3 SPIN 07:15 - 08:00
	HULL SPORT STAFF
	Studio 3
0	BODY COMBAT 18:30 - 19:15
	LEE

COACH BY COLOUR INDOOR CYCLING

SPIN

Zumba

Studio 3 Studio 3

BOOTCAMP **BODY PUMP** 07:15 - 08:00 17:30 - 18:30 **KELLY HULL SPORT** STAFF

Studio 2 YOGA 18:15 - 19:15 KIM

BODYATTACK

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

BODYCOMBAT

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.



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.

WEDNESDAY

Studio 3 COACH BY COLOUR 18:40-19:25 IAIN

THURSDAY

Studio 3

ZUMBA 17:00 - 18:00

RICHARD

BODY ATTACK 18:10 - 19:10

JODIE

FRIDAY

Studio 3 **BODY COMBAT** 17:30 - 18:15

SATURDAY

Studio 3

BODY PUMP 09:30 - 10:30 MAGDALENA

Studio 2

YOGA 10:30 - 11:30

SUNDAY

Studio 3 HIIT & Abs 09:15 - 10:00

YOGA

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

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.

Body Pump

BodypumpTM is for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BodypumpTM gives you a total body workout

LEE

GINA

HULL SPORT STAFF

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HIIT - High Intensity Interval Training This is exactly what you'd expect raising your heart rate with short sharp bouts of exercises with a short recovery time before repeating. Remember you can decide to take a rest when you want!

COVID 19 MEASURES

Hull Sport will be continually monitoring the changes of covid-19 and we have taken appropriate actions to ensure that the fitness classes are ran in a safe manner that align with government guidelines for our members. We please ask that you respect the safety measures that Hull Sport have implemented, in order to keep yourselves and others safe, and we will aim to keep Hull Sport a safe and fun environment for all.We look forward to seeing you back in our

classes. Thank you Hull Sport.

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