



# FITNESS CLASS TIMETABLE

**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

Studio 1

ZUMBA  
17:30 - 18:30

RHIAN

Studio 2

YOGA  
18:30 - 19:30

SARA

Studio 3

SPIN  
07:15 - 08:00

HULL SPORT  
STAFF

Studio 3

BODY COMBAT  
18:30 - 19:15

LEE

## WEDNESDAY

Studio 3

BOOTCAMP  
07:15 - 08:00

HULL SPORT  
STAFF

Studio 3

BODY PUMP  
17:30 - 18:30

KELLY

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

IAIN

## THURSDAY

Pavilion

YOGA  
18:15 - 19:15

KIM

Studio 3

ZUMBA  
17:00 - 18:00

RICHARD

HIIT & Abs  
18:10 - 18:55

HULL SPORT  
STAFF

## FRIDAY

Studio 3

BOOTCAMP  
07:15 - 08:00

HULL SPORT  
STAFF

BODY COMBAT  
17:30 - 18:15

LEE

## SATURDAY

Studio 3

BODY PUMP  
09:30 - 10:30

MAGDALENA

Studio 2

YOGA  
10:30 - 11:30

GINA

## SUNDAY

Studio 3

HIIT & Abs  
09:15 - 10:00

HULL SPORT  
STAFF

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<http://ow.ly/YsDR50AJOrK>



Follow the above  
link to make your booking

sport@hull.ac.uk  UNIVERSITY OF HULL



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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.

## Zumba

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

## HIIT

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!

## 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.

## 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.

## 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

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

## 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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