



# HULLSPORT

## Virtual Timetable

### Monday

Burn

1230 - 1300

### Tuesday

Lifting Club

1730 - 1815

### Wednesday

Energy Boost

1730 - 1800

### Thursday

Bike Burn - 1215 - 1245

Fitness Pilates - 1730 - 1800

### Friday

Burn Class

1230 - 1300

### Saturday

Insanity / Abs

0900 - 0945

## How to Book?

### I am a My Zone Member

1. Click on 'Book a Class'
2. Select the day you would like to book.
3. Select 'Book'
4. At the time of the class, put your belt on and click 'join now' and enjoy!

### I am not a My Zone Member

1. Download the MyZone App
2. Register as HULLUK001
3. Input Belt number ID as '0'
4. Then follow the instructions from 1 - 4 of a My Zone member, just without the belt.
5. If you would like more information on purchasing a belt please email [sport@hull.ac.uk](mailto:sport@hull.ac.uk)