



# FITNESS CLASS TIMETABLE

**BOOKING  
REQUIRED FOR ALL  
CLASSES**

Call: 01482 466234  
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## MONDAY

RIG - 7:15am - 8am - Gym Floor  
Yoga - 17:30 - 18:15 - Studio 1  
Body Pump - 17:45 - 18:30 - Studio 3  
Box-Fit - 18:45 - 19:15 - Studio 3

## TUESDAY

Spin - 7:15am - 8am - Studio 3  
Bridge - 12:30 - 13:00 - Gym Floor  
Yoga - 18:30 - 19:15 - Studio 3

## WEDNESDAY

Bootcamp - 7:15am - 8am - Outdoors  
Attack - 17:00 - 17:30 - Studio 2  
Pilates - 17:30 - 18:15 - Studio 1  
Body Pump - 17:30 - 18:15 - Studio 3  
Spin - 18:30 - 19:15 - Studio 3

## THURSDAY

Spin - 12:30 - 13:00 - Studio 3  
Express Abs - 17:00 - 17:30 - Studio 1  
Body Pump - 17:30 - 18:15 - Studio 3  
Body Combat - 18:30 - 19:15 - Studio 3  
Pilates - 19:30 - 20:00 - Pavilion

## FRIDAY

Spin - 7:15am - 8am - Studio 3  
Body Combat - 17:30 - 18:15 - Studio 3

## SATURDAY

Bridge - 9am - 9:45am - Gym Floor  
Stretch & Flex - 10am - 10:30am -  
Studio 3

## SUNDAY

Circuit - 10am - 10:45am - Gym Floor

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