

Group Exercise Timetable

Monday

360 Rig - 07:15-08:00 - Gym
'WOW' - 12:30 - 13:00 -Gym
Box-Fit - 17:30-18:15 - Stu 2
Body Pump - 18:30 - 19:15 Stu 2

Tuesday

Spin - 07:15-08:00 - Stu 3
TRX - 12:30-13:00 - Gym
HIIT - 17:30 -18:15 - Stu 2
Yoga - 18:30-19:15 - Stu 3

Wednesday

Bootcamp - 07:15-08:00 - Astro
360 Rig - 12:30-13:00 - Gym
Body Pump - 17:30 - 18:15 - Stu 2
Aerobics - 17:30 - 18:15 Stu 3
Spin - 18:30-19:15 - Stu 3

Thursday

Body Pump- 07:15-08:00 - Stu 2
TRX - 12:30-13:00 - Performance Zone
Body Combat - 17:30 - 18:15 Stu 3
Pilates - 18:15 - 19:00 Stu 3

Friday

Spin - 07:15-08:00 - Stu 3
Fabulass Bootcamp - 12:30 - 13:00 Gym
Yoga - 17:30 - 18:15 Stu 1
Body Combat - 17:30 - 18:15 Stu 3

Saturday

Bootcamp - 9:30am - 10:15am - Gym

Sunday

Yoga - 10am - 10:45am - Stu 3

To book please visit the website sport@hull.ac.uk or call the
Reception team: 01482 466 234

TRX

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

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.

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.

YOGA

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

Aerobics

A mix of cardio, strength and stretch, this class has it all wrapped up in 45mins. Join our PT Jodie, for a fun feel good workout every Wednesday at 5:30pm.

WOW

Circuit and HIIT based training, taken in the gym and outside.

SPIN

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.

BOOTCAMP

A mix of cardio and strength based training done outside (weather permitting). An old school feel with a modern twist. Whilst we also have a beginner Fabulass Bootcamp, for females only to ease you into fitness and build your confidence.

360 RIG

Circuit and HIIT based training, taken in the gym, using the Rig equipment, including TRX, Kettle Bells, Monkey Bars, Slam balls.

HIIT

This class keeps exercise interesting, with a mixture of strength and cardio. You'll burn a decent amount of calories too!

Box-Fit

High Intensity Boxing Circuit, with a mixture of Cardio and Strength based exercises.

PILATES

This exercise class consists of low-impact flexibility and muscular strength/endurance movements.