

# 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](mailto: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.