

# Group Exercise Time table

Starting 6th March

## Monday

Spin - 7:15 - 8:00 - Stu3  
BoxFit - 17:30 - 18:15 Stu 2  
BodyPump -18:30 - 19:15 -  
Stu 2

## Tuesday

360 Rig - 7:15 - 8:00 - Gym  
TRX - 12:30 - 13:00 - Gym  
HIIT 45 - 17:30 - 18:15 Stu 2  
Yoga - 18:30 - 19:15 - Stu 2

## Wednesday

Bootcamp - 7:15 - 8:00 - Astro  
'Fit in 30' - 12:30 - 13:0 - Gym  
Spin 'Sprint' - 17:30- 18:00 Stu 2  
Pilates 18:15 - 19:00- Stu 3

## Thursday

HIIT 45 - 7:15 - 8:00 - Stu2  
TRX - 12:30 -13:00-Gym  
BodyPump - 17:30 - 18:15- Stu 2  
Core- 18:30 - 19:00 Stu 3

## Friday

Spin - 7:15 - 8:00 - Stu3  
'Fit in 30' - 12:30 - 13:00- Gym  
Yoga - 17:30 - 18:15 - Stu 3

## Saturday

Bootcamp - 9:15 - 10am  
- Gym

## Sunday

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

Contact Reception or Book Via Webpage

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