Hull class timetable

Last updated:19-Nov

Please note that weekly class timetables are subject to change
Please book your place through the app

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:15-06:45 **H.I.I.T** Jamie - Gym Floor	**06:15-07:00** **T.F.X** Jacob - Gym Floor	**06:15-06:45** **H.I.I.T** Gee - Studio 2	**06:15-7:00** **T.F.X** Harry - Gym Floor	**07:30-08:30** **Intro To Lifting** Izzy - Gym Floor	**09:00-09:45** **Spin** Paul - Spin Studio
06:45-07:00 **Core** Jamie - Gym Floor	**07:00-07:15** **Stretch** Jacob - Gym Floor	**06:30-07:30** **Functional Fitness** Izzy - Gym Floor	**07:00-07:15** **Stretch** Harry - Gym Floor	**09:30-10:15** **Spin** Sean - Spin Studio	**10:00-11:00** **Less Mills Body Combat** Sami - Studio 2
09:30-10:15 **Spin** Carmen - Spin Studio	**09:15-10:15** **Les Mills Body Combat** Vicky - Studio 2	**06:45-07:00** **Core** Gee - Studio 2	**09:30-10:15** **Spin** Stef - Spin Studio	**09:30-10:30** **Body Blast** Paul - Studio2	**10:30-11:15** **Body Blast** Paul - Studio 1
09:30-10:30 **Les Mills Latin** Leanne - Studio 2	**09:30-10:15** **Body Tone** Carmen - Studio 1	**09:30-10:30** **Yoga** Justine - Mind & Body	**09:30-10:30** **Body Blast** Jamie - Studio 2	**09:45-10:45** **Yoga** Debbie - Mind & Body	**11:00-12:00** **Les Mills Body Balance** Sami - Mind & Body
09:30-10:30 **Les Mills Body Pump** Vicky - Studio 1	**09:30-10:15** **Spin** Paul - Spin Studio	**09:30-10:30** **Les Mills Body Pump** Vicky - Studio 1	**09:30-10:30** **Functional Fitness** Alex - Gym Floor	**10:45-11:30** **Body Balance** Sean - Studio 2	
10:30-11:30 **Les Mills Body Balance** Vicky - Studio 1	**09:30-10:30** **Strength & Conditioning** Alex - Gym Floor	**10:30-11:30** **T.F.X** Harry - Gym Floor	**10:30-11:30** **Functional Fitness** Alex - Gym Floor	**10:45-11:30** **Body Tone** Leanne - Studio 1	
10:45-11:45 **Aqua** Leanne - Small Pool	**10:00-11:00** **Aqua** Leanne - Small Pool	**10:35-11:35** **Les Mills Body Balance** Vicky - Mind & Body	**10:45-11:30** **Body Pump Extreme** Vicky - Studio 1	**11:30-12:45** **Aqua** Gee - Small Pool	
11:30-12:30 **Yoga** Justine - Mind & Body	**10:30-11:30** **Strength & Conditioning** Alex - Gym Floor	**10:45-11:30** **LBT** Richard - Studio 1	**11:15-12:00** **Latin** Leanne - Studio 2	**11:30-12:15** **Stretch and Tone** Leanne - Studio 1	
11:45-12:45 **Aqua** Leanne - Small Pool	**10:30-11:30** **Pilates** Vicky - Studio 1	**11:30-12:15** **Fit Steps** Richard - Studio1	**11:45--12:30** **Pilates** Vicky - Studio 1	**12:15-13:00** **Fit Steps** Richard - Studio 1	
12:45-13-30 **Gentle Aqua** Leanne - Small Pool	**11:00-12:00** **Aqua** Leanne - Small Pool	**18:00-19:00** **Zumba** Richard - Studio 1	**12:00-12:30** **Stretch and Tone** Leanne - Studio 2	**12:25-13:00** **Gentle Aqua** Leanne - Small Pool	
17:30-18:00 **Spin** Carmen - Spin Studio	**11:30-12:15** **Pilates** Vicky - Studio 1	**18:15-18:45** **T.F.X** Jamie - Gym Floor	**12:45-13:30** **Aqua** Leanne - Small Pool	**17:30-18:30** **Yoga** Justine - Mind & Body	
					Sunday
18:00-19:00 **Les Mills Body Pump** Sami - Studio 1	**17:45-18:15** **Spin** Paul - Spin Studio	**18:15-19:15** **Les Mills Body Balance** Sami - Mind & Body	**17:30-18:00** **Spin** Paul - Spin Studio		**08:15-09:15** **Les Mills Body Pump** Vicky - Studio 1
18:15-19:15 **Bootcamp** Harry - Studio 2	**18:00-19:00** **Les Mills Body Combat** Jo - Studio 1	**19:00-20:00** **Intro To Lifting** Izzy - Gym Floor	**18:15-19:15** **Bootcamp** Harry - Studio 2		**09:15-09:45** **Spin** Fitness Coach - Spin Studio
19:15-20:15 **Les Mills Body Balance** Sami - Mind & Body	**18:15-18:45** **T.F.X** Jamie - Gym Floor	**19:20-20:20** **Yoga** Justine - Mind & Body			**09:30-10:30** **Les Mills Body Combat** Vicky - Studio 1
	19:00-20:00 **Functional Fitness** Ryan - Gym Floor				**10:30-11:15** **Pilates** Vicky - Studio 1
	19:15-20:15 **Yoga** Justine - Mind & Body				

Please note that weekly class timetables are subject to change
Please book your place through the app

totalfitness