

Hull class timetable

Last updated: June
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 T.F.X Jamie/Carmen - Gym Floor	06:30 - 07:00 T.F.X Harry - Gym Floor	06:30 - 07:00 Spin: Coach by Colour Gee - Spin Studio	06:30 - 07:00 T.F.X Josh - Gym Floor	07:30 - 08:30 Intro to Lifting Izzy - Upper Gym	09:00 - 09:45 Spin Fitness Coach - Spin Studio
09:30 - 10:15 Spin Jamie/Carmen - Spin Studio	09:15 - 10:15 Body Tone Sophie - Studio 2	07:15 - 08:15 Functional Fitness Izzy - Upper Gym	09:30 - 10:15 Spin Jamie - Spin Studio	09:30 - 10:00 Spin Gee - Spin Studio	09:00 - 10:00 Zumba Alisa - Studio 1
09:30 - 10:30 DanceFit: Latin Leanne - Studio 1	09:15 - 10:15 Les Mills Body Combat Vicky - Studio 1	09:30 - 10:30 Yoga Chloe - Mind & Body	09:30 - 10:30 Les Mills Body Combat Emily - Studio 1	09:30 - 10:30 Body Blast Paul - Studio 2	10:00 - 11:00 Les Mills Body Combat Sami - Studio 2
09:30 - 10:30 Les Mills Body Pump Vicky - Studio 2	09:30 - 10:15 Spin Paul - Spin Studio	09:30 - 10:15 Spin Danny - Spin Studio	10:45 - 11:30 Pilates Vicky - Studio 2	09:45 - 10:30 Yoga Debbie - Mind & Body	10:30 - 11:00 T.F.X Fitness Coach - Gym Floor
09:45 - 10:30 Yoga Sky - Mind & Body	10:30 - 11:30 Pilates Vicky - Studio 1	09:30 - 10:30 Les Mills Body Pump Vicky - Studio 2	11:15 - 12:00 DanceFit: Latin Leanne - Studio 1	10:45 - 11:30 Body Tone Leanne - Studio 2	11:00 - 12:00 Les Mills Body Balance Sami - Mind & Body
10:30 - 11:30 Les Mills Body Balance Vicky - Studio 2	11:30 - 12:45 Pilates Vicky - Studio 1	10:30 - 11:00 T.F.X Harry - Gym Floor	11:30 - 12:30 Les Mills Body Balance Vicky - Studio 2	11:30 - 12:15 Aqua Gee - Small Pool	
10:45 - 11:45 Aqua Leanne - Small Pool	10:00 - 11:00 Aqua Leanne - Small Pool	10:30 - 11:30 Les Mills Body Balance Vicky - Studio 2	12:00 - 12:30 Stretch and Tone Leanne - Studio 1	11:30 - 12:15 Stretch Leanne - Studio 2	
11:45 - 12:45 Aqua Leanne - Small Pool	11:00 - 12:00 Aqua Leanne - Small Pool	10:45 - 11:30 L.B.T Richard - Studio 1	12:40 - 13:40 Aqua Leanne - Small Pool	12:30 - 13:00 Gentle Aqua Leanne - Small Pool	
12:45 - 13:30 Gentle Aqua Leanne - Small Pool	17:30 - 18:00 Spin Carmen - Spin Studio	11:30 - 12:15 Fit Steps Richard - Studio 1	17:30 - 18:00 Spin Harry - Spin Studio	12:15 - 13:00 Fit Steps Richard - Studio 1	08:15 - 09:15 Les Mills Body Pump Vicky - Studio 1
17:30 - 18:00 Spin Jamie/Carmen - Spin Studio	18:00 - 19:00 Les Mills Body Combat Andy - Studio 1	17:30 - 18:00 Spin: Coach by Colour Josh - Spin Studio	18:15 - 19:15 Bootcamp Carmen - Studio 2		09:00 - 09:45 Spin Fitness Coach - Spin Studio
18:15 - 19:15 Bootcamp Harry/Josh - Studio 2	18:15 - 18:45 T.F.X Josh - Gym Floor	18:00 - 19:00 Zumba Richard - Studio 1	19:15 - 20:15 Yoga Chloe - Mind & Body		09:30 - 10:30 Les Mills Body Combat Vicky - Studio 1
18:00 - 19:00 Les Mills Body Pump Sami - Studio 1	19:00 - 20:00 Intro to Lifting Izzy - Upper Gym	18:15 - 18:45 T.F.X Jamie - Gym Floor			10:30 - 11:15 Pilates Vicky - Studio 1
19:15 - 20:15 Les Mills Body Balance Sami - Mind & Body	19:15 - 20:15 Yoga Chloe - Mind & Body	18:15 - 19:15 Les Mills Body Balance Sami - Mind & Body			