

FITNESS CLASS TIMETABLE

Monday

TIME	CLASS	INSTRUCTOR	STUDIO
08:15 - 08:45	HIIT	Team Hud	PS
11:30 - 12:00	Gorgeous Glutes	Luke	2
12:15 - 12:45	Spinning	Team Hud	1
12:00 - 12:30	CX WORX	Jules	2
13:00 - 13:45	Body Balance	Laura	1
13:00 - 13:45	Body Pump	Dan	2
13.15 - 13.45	Beginners Yoga	Naomi	Squash
16:15 - 17:00	Tone	Jules	2
16:45 - 17:45	Ashtanga Yoga	Grace	1
17:15 - 17:45	GRIT	Team Hud	2
18:00 - 18:45	Spinning	Team Hud	1
18:00 - 18:45	Zumba	Vanessa	2
19:00-20:00	Bhangra	Hardeep	1
19:00 - 19:45	Kettlebells	John	2
19:15 - 20:00	Let's Bounce	Vanessa	Squash

Tuesday

TIME	CLASS	INSTRUCTOR	STUDIO
07:45 - 08:15	Spinning	Team Hud	1
08:00 - 08:45	Body Balance	Dan	2
12:00 - 12:45	Pilates	Laura	1
12:00 - 12:45	Ashtanga Yoga	Julio	2
13:00 - 13:45	Tone	Leanne	2
16:30 - 17:15	Body Pump	Dan	2
17:15 - 17:45	Spinning	Team Hud	1
17:30 - 18:15	Body Combat	Dan	2
18:00 - 18:30	CX WORX	Emily	1
18:15 - 19:00	Pad Attack	John	3
18:30 - 19:15	Body Balance	Dan	2

Wednesday

TIME	CLASS	INSTRUCTOR	STUDIO
07:45 - 08:15	Strength & Tone	Team Hud	PS
08:00 - 08:45	Body Balance	Laura	2
11:30 - 12:00	Gorgeous Glutes	Laurie	2
12:15 - 12:45	Body Combat	Jules	2
12:15 - 13:00	Barre Pilates	Zoe	1
13:00 - 13:30	CX WORX	Jules	2
13:05 - 13:50	Body Balance	Laura	1
16:15 - 17:00	Power Pilates	Dan	2
17:15 - 18:00	Spinning	Team Hud	1
17:15 - 18:15	Body Pump	Dan	2
18:30 - 19:15	Zumba Party	TBC	2

Thursday

TIME	CLASS	INSTRUCTOR	STUDIO
08:00 - 08:45	Pilates	Dan	2
08:00 - 08:45	Bootcamp	Team Hud	SH
12:15 - 13:00	Power Yoga	Julio	2
12:30 - 13:00	Spinning	Team Hud	1
13:15 - 13:45	GRIT	Team Hud	2
16:30 - 17:15	Boxercise	Krystle	3
16:30 - 17:15	Step 'n' Tone	Vanessa	2
17:00 - 17:30	CX WORK	Jules	1
17:30 - 18:15	Body Pump	Dan	2
18:00 - 18:45	Rave 'n' Ride	Vanessa	1
18:30 - 19:15	Body Combat	Dan	2
19:30 - 20:15	Body Balance	Dan	2

Friday

TIME	CLASS	INSTRUCTOR	STUDIO
07:45 - 08:15	Spinning	Team Hud	1
12:15 - 12:45	Body Pump	Louise	2
13:00 - 13:30	CX WORX	Louise	2
13:00 - 13:30	Spinning	Leanne	1
15:30 - 16:15	Let's Bounce	Vanessa	2
16:30 - 17:00	GRIT	Team Hud	2
17:15 - 18:00	Body Pump	Ashton	2
18:15 - 18:45	CX WORX	Ashton	2

Saturday

TIME	CLASS	INSTRUCTOR	STUDIO
09:00 - 09:45	Bootcamp	Team Hud	PS
10:00 - 10:30	Abs Blast	Team Hud	PS

Sunday

TIME	CLASS	INSTRUCTOR	STUDIO
15:30 - 16:15	Spinning	Team Hud	1
16:30 - 17:00	Abs Blast	Team Hud	2

**Book onto your class at
Team Hud reception today
or book online on
sports.hud.ac.uk/booking**

Student Central | Level 3

01484 472093 teamhud@hud.ac.uk hud.ac.uk/team-hud



Team Hud



@Team_Hud



Team_Hud

*Fitness Classes are reviewed periodically and may be subject to change.

STRENGTH

GORGEOUS GLUTES

A round booty is on trend and it doesn't seem to be going anywhere! This high intensity 30 minute workout will help you get the shape and strength that you desire.

BODY PUMP

Using light to moderate weights with lots of repetition. Body Pump gives you a total body workout. It will burn up to 590 calories.

GRIT STRENGTH

Les Mills Grit Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle.

KETTLE BELLS

Combine cardio, strength and flexibility training through a variety of exercises using just a kettlebell.

LBT BLAST

LBT Blast is the class for you if you wish to focus on your legs, bums and tums.

MIND & BODY

BODY BALANCE

Body Balance is the yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

ASHTANGA YOGA

Practiced poses in a sequential order. This form of Yoga will help you acquire steadiness of mind and body.

YOGA

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as 'flow' yoga, this class is always popular for a reason.

IYENGAR YOGA

The focus for the Iyengar Yoga is more therapeutic, helping to relieve aches and pains through corrective alignment and pose modifications. Suitable for all abilities.

STUDIO STRETCH

Studio Stretch focuses on all the benefits that stretching has on your body like relieving stiff muscles and creaky joints.

CARDIO

STEP 'N' TONE

This class combines aerobic step training with intervals of resistance training. This is a complete body workout, utilising a range of different equipment. This class is set to uplifting Zumba tracks.

Tone

In Body Vibe you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of cardio and strength will help burn up to 490 calories each class.

LET'S BOUNCE

Using mini trampolines and choreographed moves this class is fun, uplifting and improves weight loss.

COMBAT

COMBAT EXPRESS

This session is set the same as Body Combat with no contact or complex moves but will only run for 30 minutes at a time.

BOX BLAST

A structured session with 'Boxing' at the core from warm up to cool down. Learn key techniques whilst developing your strength and fitness. If you love Boxing, then this is the one for you. Suitable for all levels.

PAD ATTACK

An amazing upper body workout, guaranteed to burn calories fast. This class incorporates, pad work with strength work.

BODY COMBAT

This high-energy martial arts inspired workout is totally non-contact and there are no complex moves to master.

DANCE

ZUMBA

Zumba is a lively and exciting exercise dance based class, providing you with a great workout. The class is set to classic Zumba tunes to which the choreographed exercise is set.

CYCLE

SPINNING

Spinning is a high intensity choreographed class performed on stationary bikes alongside a qualified indoor cycling instructor.

RAVE 'N' RIDE

This session will be set to the most uplifting dance music, sure to get you motivated like never before. The class will increase your cardiovascular fitness and have all the other benefits you should expect from a 'spin' session.

CORE

PILATES

Pilates is a series of interconnected movements each with a purpose and breathing pattern. This class will help increase your core strength, help to mobilise your spine and joints and will re-balance the muscles of the body.

Tone & CW Worx

Start with strength and cardio and move into exercising the muscles of the core, all of which combines for the ultimate workout.

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September - December 2018