

FITNESS CLASS TIMETABLE

Monday

TIME	CLASS	INSTRUCTOR	STUDIO
08:15 - 08:45	Combat Express	Kirsty	2
11:30 - 12:00	Gorgeous Glutes	Steph	2
12:15 - 12:45	Spinning	Steph	1
12:15 - 12:45	CX	Fiona	2
13:00 - 13:45	Body Balance	Fiona	1
13:00 - 13:45	Body Pump	Kirsty	2
16:15 - 17:00	Body Vive	Nat	2
17:00 - 17:45	Grit	Team Hud	2
17:00 - 17:45	Vinyasa Yoga	Josie	1
18:00 - 18:45	Spinning	Team Hud	1
18:00 - 18:45	Zumba	Vanessa	2
19:00 - 19:45	Kettle Bells	John	2
19:15 - 20:00	Let's Bounce	Vanessa	Squash
20:00 - 20:45	Pad Attack	John	2

Tuesday

TIME	CLASS	INSTRUCTOR	STUDIO
07:45 - 08:15	Spinning	Jermaine	1
08:00 - 08:45	Body Balance	Danielle	2
12:00 - 12:45	Ash Yoga	Julio	2
12:00 - 12:45	Pilates	Fiona	1
13:00 - 13:45	Zumba Party	Kiara	1
13:00 - 13:45	Body Vive	Nat	2
16:30 - 17:15	Body Pump	Dan	2
16:30 - 17:00	Grit	Kirsty	1
17:15 - 17:45	Spinning	Matt	1
17:30 - 18:15	Body Combat	Dan	2
18:00 - 18:30	Studio Stretch	Kirsty	1
18:30 - 19:30	Body Balance	Dan	2

Wednesday

TIME	CLASS	INSTRUCTOR	STUDIO
07:45 - 08:15	Spinning	Matt	1
08:00 - 08:45	Body Balance	Dan	2
11:30 - 12:00	Gorgeous Glutes	Laurie	2
12:15 - 12:45	CX	Fiona	1
12:15 - 13:00	Body Combat	Kirsty	2
13:00 - 13:45	Body Balance	Fiona	1
13:15 - 13:45	Body Pump	Nat	2
13:45 - 14:15	CX	Nat	2
15:30 - 16:00	Grit	Jermaine	2
16:15 - 17:00	Dance Aerobics	Dan	2
16:30 - 17:00	CX	Kirsty	1
17:15 - 18:00	Spinning	Kirsty	1
17:15 - 18:15	Body Pump	Dan	2
18:20 - 19:30	Iyenga Yoga	Claire	2

Thursday

TIME	CLASS	INSTRUCTOR	STUDIO
08:00 - 08:30	CX	Kirsty	1
08:00 - 08:45	Pilates	Dan	2
11:30 - 12:00	LBT Blast	Team Hud	2
12:15 - 13:00	Asht Yoga	Julio	2
12:30 - 13:00	Spinning	Matt	1
13:15 - 13:45	Grit	Team Hud	2
16:15 - 17:00	Box Blast	Krystle	Sports Hall
16:30 - 17:15	Step & Tone	Vanessa	2
17:30 - 18:15	Body Combat	Dan	2
18:00 - 18:45	Rave n Ride	Vanessa	1
18:30 - 19:15	Body Pump	Dan	2
19:30 - 20:15	Body Balance	Dan	2

Friday

TIME	CLASS	INSTRUCTOR	STUDIO
08:15 - 08:45	Spinning	Virtual	1
12:00 - 12:45	Back to fitness	Naomi	Outdoor
12:15 - 12:45	Body Pump	Louise	2
13:00 - 13:30	Spinning	Leanne	1
13:00 - 13:45	Lets Bounce	Vanessa	Squash
13:00 - 13:30	CX	Louise	2
15:30 - 16:15	Bodyvive	Nat	2
16:30 - 17:00	Grit	Kirsty	2
17:30 - 18:15	Body Pump	Kirsty	1
18:30 - 19:00	CX	Kirsty	2

Saturday

TIME	CLASS	INSTRUCTOR	STUDIO
14:30 - 15:15	Box Blast	Krystle	Sports hall
15:00 - 15:45	Spin	Team Hud	1
16:00 - 16:30	Abs Blast	Team Hud	1

Sunday

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

**Book onto your class at
Team Hud reception today**

Student Central | Level 3

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Team Hud



@Team_Hud



Team_Hud

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