# Fitness Class Timetable

- **Monday**
  - **07:45 - 08:30**
    - Spinning
    - Gorgeous Glutes
  - **11:30 - 12:00**
    - CX WORX
    - Self Defence
  - **12:15 - 12:45**
    - Body Balance
  - **13:00 - 13:45**
    - Les Mills Barre
  - **16:30 - 17:15**
    - Body Pump
  - **17:15 - 17:45**
    - Spinning
  - **18:00 - 18:45**
    - Body Combat
  - **19:15 - 20:00**
    - Let's Bounce

- **Tuesday**
  - **07:45 - 08:30**
    - Body Balance
  - **11:30 - 12:00**
    - Pilates
  - **12:15 - 12:45**
    - Ashtanga Yoga
  - **13:00 - 13:45**
    - Les Mills Barre
  - **16:30 - 17:15**
    - Body Pump
  - **17:15 - 17:45**
    - Spinning
  - **18:00 - 18:45**
    - Body Combat

- **Wednesday**
  - **12:15 - 13:00**
    - Body Combat
    - Barre Pilates
  - **13:05 - 13:45**
    - Body Balance
    - Beginners Yoga
  - **16:15 - 17:00**
    - CX WORX
    - Power Pilates
  - **16.30 - 17.00**
    - Spinning
  - **17:15 - 17:45**
    - Body Pump
  - **17:45 - 18:15**
    - Zumba Party

- **Thursday**
  - **08:00 - 08:45**
    - Pilates
    - CX WORX
  - **12:15 - 13:00**
    - Power Yoga
    - Spinning
  - **13:15 - 13:45**
    - GRIT
    - Step ‘n’ Tone
  - **16:30 - 17:15**
    - Body Pump
  - **17:30 - 18:15**
    - Rave ‘n’ Ride
  - **18:30 - 19:15**
    - Body Balance

- **Friday**
  - **07:30 - 08:00**
    - Spinning
  - **12:15 - 12:45**
    - Body Pump
  - **13:00 - 13:30**
    - CX WORX
  - **15:30 - 16:15**
    - Let’s Bounce
  - **16:30 - 17:00**
    - GRIT
  - **17:15 - 18:00**
    - Body Pump
  - **18:15 - 18:45**
    - CX WORX

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

**Book onto your class at Team Hud reception today or book online on [sports.hud.ac.uk/booking](http://sports.hud.ac.uk/booking)**

**Student Central | Level 3**

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

*Team Hud*
<table>
<thead>
<tr>
<th>STRENGTH</th>
<th>MIND &amp; BODY</th>
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<tbody>
<tr>
<td><strong>GORGEous GLUTES</strong></td>
<td><strong>BEGINnERS YOGA</strong></td>
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<tr>
<td>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.</td>
<td>Yoga poses, sequences, terminology and concepts explained for those starting out with Yoga.</td>
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<td><strong>BODY PUMP</strong></td>
<td><strong>POWER YOGA</strong></td>
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<td>Using light to moderate weights with lots of repetition. Les Mills Body Pump gives you a total body workout. It will burn up to 500 calories.</td>
<td>This 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.</td>
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<td><strong>CARDIO</strong></td>
<td><strong>ASHTANGA YOGA</strong></td>
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<td><strong>STEP 'N' TONE</strong></td>
<td>Practiced poses in a sequential order. This form of Yoga will help you acquire steadiness of mind and body.</td>
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<td>This class combines aerobic step training with intervals of resistance training. This is a complete body workout, utilising a range of different equipment. The class is set to uplifting Zumba tracks.</td>
<td><strong>DANCE</strong></td>
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<td><strong>ZUMBA</strong></td>
<td><strong>CYCLE</strong></td>
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<td>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.</td>
<td><strong>RAVE 'N' RIDE</strong></td>
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<td><strong>SPINNING</strong></td>
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<td><strong>COMBAT</strong></td>
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<td>Bikram Yoga, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.</td>
<td><strong>SELF DEFENCE</strong></td>
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<td>Practiced poses in a sequential order. This form of Yoga will help you acquire steadiness of mind and body.</td>
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<td><strong>CORE</strong></td>
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<td><strong>LES MILLS BARRE</strong></td>
<td>Power Pilates utilises controlled and precise movement designed to strengthen and shape the core muscles. The class is designed to flow and is beneficial for participants that have some Pilates experience.</td>
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<td><strong>BODY COMBAT</strong></td>
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<td><strong>CX WORX</strong></td>
<td>This high-energy martial arts inspired workout is totally non-contact and there are no complex moves to master.</td>
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<td><strong>SELF DEFENCE PAD ATTACK</strong></td>
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<td>This class combines the principles of Pilates with tradition Ballet barre work. This class will help define long lean muscles and improve posture. This class is suitable for all levels and abilities, give it a try, you will love it!</td>
<td>An amazing upper body workout, guaranteed to burn calories fast. This class incorporates pad work with strength work.</td>
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