

Hull Class Timetable

Last updated: October 2024

Please note that weekly class timetables are subject to change.

totalfitness

Monday 6:00 - 22:00

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|-------------|-----------------------|---------------|--------------------|
| 06:15-06:45 | TFX | Fitness Coach | Gym Floor |
| 09:30-10:15 | Spin: Coach By Colour | Fitness Coach | Spin Studio |
| 09:30-10:30 | Latin | Leanne | Studio 1 |
| 09:30-10:30 | Body Pump | Vicky | Studio 2 |
| 09:45-10:30 | Yoga | Sky | Mind & Body Studio |
| 10:30-11:30 | Body Balance | Vicky | Studio 2 |
| 10:45-11:45 | Aqua | Leanne | Small Pool |
| 11:45-12:45 | Aqua | Leanne | Small pool |
| 12:45-13:30 | Gentle Aqua | Leanne | Small Pool |
| 17:30-18:00 | Spin: Coach By Colour | Fitness Coach | Spin Studio |
| 18:00-19:00 | Body Pump | Sami | Studio 2 |
| 18:15-19:15 | Bootcamp | Fitness Coach | Studio 1 |
| 19:15-20:15 | Body Balance | Sami | Mind & Body |

Wednesday 6:00 - 22:00

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|-------------|-----------------------|---------------|--------------------|
| 06:30-07:00 | Spin: Coach By Colour | Fitness Coach | Spin Studio |
| 07:00-08:00 | Functional Fitness | Mike | Gym Floor |
| 09:30-10:30 | Yoga | Chloe | Mind & Body Studio |
| 09:30-10:15 | Spin | Danny | Spin Studio |
| 09:30-10:30 | Body Pump | Vicky | Studio 2 |
| 10:30-11:00 | TFX | Fitness Coach | Gym Floor |
| 10:30-11:30 | Body Balance | Vicky | Studio 2 |
| 10:45-11:30 | L.B.T | Richard | Studio 1 |
| 11:30-12:15 | Fit Steps | Richard | Studio 1 |
| 17:30-18:00 | Spin Coach By Colour | Fitness Coach | Spin Studio |
| 18:00-19:00 | Zumba | Richard | Studio 1 |
| 18:15-18:45 | TFX | Fitness Coach | Gym Floor |
| 18:15-19:15 | Body Balance | Sami | Mind & Body Studio |

Friday 6:00 - 21:00

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|-------------|----------------------------|---------------|--------------------|
| 07:30-08:30 | Intro To Lifting | Izzy | Gym Floor |
| 09:30-10:00 | Spin | Fitness Coach | Spin Studio |
| 09:30-10:30 | Body Pump | Babs | Studio 2 |
| 09:45-10:30 | Yoga | Deddie | Mind & Body Studio |
| 10:45-11:30 | Body Tone | Leanne | Studio 2 |
| 11:30-12:15 | Aqua | Gee | Small Pool |
| 11:30-12:15 | Stretch | Leanne | Studio 2 |
| 12:30-13:00 | Gentle Aqua | Leanne | Small Pool |
| 11:45-12:45 | Fit Steps | Richard | Studio 1 |
| 17:00-18:00 | Spin: Coach By Colour Test | Fitness Coach | Spin Studio |

Tuesday 6:00 - 22:00

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|-------------|----------------------------|---------------|--------------------|
| 06:30-07:00 | TFX | Fitness Coach | Gym Floor |
| 09:15-10:15 | Body Tone | Sophie | Studio 2 |
| 09:15-10:15 | Body Combat | Vicky | Studio 1 |
| 09:30-10:15 | Spin | Paul | Spin Studio |
| 10:00-11:00 | Aqua | Leanne | Small pool |
| 10:30-11:30 | Spin: Coach By Colour Test | Fitness Coach | Spin Studio |
| 10:30-11:30 | Pilates | Vicky | Studio 1 |
| 11:00-12:00 | Aqua | Leanna | Small Pool |
| 11:30-12:45 | Pilates | Vicky | Studio 1 |
| 17:30-18:00 | Spin | Fitness Coach | Spin Studio |
| 18:00-19:00 | Body Combat | Andy | Studio 1 |
| 18:15-18:45 | TFX | Fitness Coach | Gym Floor |
| 19:00-20:00 | Intro To Lifting | Izzy | Gym Floor |
| 19:15-20:15 | Yoga | Chloe | Mind & Body Studio |

Thursday 6:00 - 22:00

| | | | |
|-------------|----------------------|---------------|-------------|
| 06:30-07:00 | TFX | Fitness Coach | Gym Floor |
| 09:30-10:15 | Spin Coach By Colour | Fitness Coach | Spin Studio |
| 09:30-10:30 | Body Combat | Emily | Studio 1 |
| 10:45-11:30 | Pilates | Vicky | Studio 2 |
| 11:00-11:45 | Latin | Leanne | Studio 1 |
| 11:30-12:30 | Body Balance | Vicky | Studio 2 |
| 12:00-12:30 | Stretch & Tone | Leanne | Studio 1 |
| 12:40-13:40 | Aqua | Leanne | Small pool |
| 17:30-18:00 | Spin | Fitness Coach | Spin Studio |
| 18:15-19:15 | Bootcamp | Fitness Coach | Studio 2 |
| 19:15-20:15 | Yoga | Chloe | Mind & Body |

Saturday 8:00 - 19:00

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|-------------|--------------------|---------------|-------------|
| 09:00-09:45 | Spin By Colour | Fitness Coach | Spin Studio |
| 09:00-10:00 | Functional Fitness | Mike | Gym Floor |
| 10:00-11:00 | Body Combat | Sami | Studio 1 |
| 10:30-11:00 | TFX | Fitness Coach | Gym Floor |
| 11:00-12:00 | Body Balance | Sami | Studio 1 |

Sunday 8:00 - 19:00

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|-------------|-------------|---------------|-------------|
| 08:15-09:15 | Body Pump | Vicky | Studio 1 |
| 09:00-09:45 | Spin | Fitness Coach | Spin Studio |
| 09:30-10:30 | Body Combat | Vicky | Studio 1 |
| 10:30-11:15 | Pilates | Vicky | Studio 1 |