

Hull Timetable

| MONDAY | | | |
|----------------|-------------------------|---------------------|-------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.30 | Total Circuit | All | Studio 2 |
| 09.30 - 10.30 | Zumba Dancing | All | Studio 1 |
| 10.00 - 11.00 | Yang Style Tai Chi | All | Mind & Body |
| 10.30 - 11.15 | Total Spin | All | Spin Studio |
| 10.30 - 11.15 | Core and Conditioning | All | Studio 1 |
| 10.45 - 11.30 | Aquaft | All | Small Pool |
| 11.00 - 12.00 | Hatha Yoga | All | Mind & Body |
| 12.30 - 13.15 | Aquaft | All | Small Pool |
| 13.15 - 14.00 | Osteo-Aqua | Clinical | Small Pool |
| 16.30 - 17.30 | Sports Zone | Junior | Studio 1 |
| 17.30 - 18.00* | Spin Express | All | Spin Studio |
| 17.30 - 18.15* | Hunter Splash | Junior | Small Pool |
| 18.00 - 19.00 | Body Pump | All | Studio 1 |
| 18.00 - 19.00 | Bootcamp | All | Studio 2 |
| 19.00 - 20.00 | Tone & Shape | All | Studio 1 |
| 19.15 - 20.00 | Spin Extreme | Int/Adv | Spin Studio |

| TUESDAY | | | |
|----------------|-------------------------|---------------------|--------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.30 | Total Spin | All | Spin Studio |
| 09.45 - 10.30 | Total Aqua | All | Small Pool |
| 10.15 - 11.15 | Conditioning | All | Studio 1 |
| 10.30 - 11.30 | Body Combat | All | Studio 2 |
| 11.00 - 11.45 | Aquaft | All | Small Pool |
| 11.15 - 12.00 | Fitness Pilates | All | Studio 1 |
| 12.00 - 12.45 | Yogalates | All | Studio 1 |
| 13.00 - 13.30 | Aqua Stretch | All | Small Pool |
| 13.45 - 14.30 | Aqua Tone | All | Small Pool |
| 14.30 - 15.15 | Total Technique | Int | Small Pool |
| 16.00 - 16.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 16.30 - 17.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.30 - 18.15* | Total Spin | All | Spin Studio |
| 17.30 - 18.30* | Body Combat | All | Studio 2 |
| 17.30 - 18.30* | Sports Zone | Junior | Mind & Body |
| 18.00 - 19.00 | Fitness Stretch | All | Studio 1 |
| 18.00 - 18.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 18.30 - 19.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 18.30 - 19.30 | Body Pump | All | Studio 2 |
| 19.15 - 20.15 | Masters | All | Main Pool |
| 20.15 - 21.00 | Total Technique | All | Main Pool |

| WEDNESDAY | | | |
|------------------|-------------------------|---------------------|--------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.30 | Total Circuit | All | Studio 2 |
| 09.30 - 10.30 | Body Pump | All | Studio 1 |
| 09.45 - 10.30 | Aquaft | All | Small Pool |
| 10.30 - 11.15 | Spin express | All | Spin Studio |
| 11.30 - 12.15 | Nifty Fifties | All | Studio 1 |
| 16.00 - 16.45 | Hunter Splash | Junior | Small Pool |
| 17.00 - 19.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.30 - 18.15 | Combat Express | All | Studio 2 |
| 18.00 - 19.00 | Zumba | All | Studio 1 |
| 18.30 - 19.30 | Spin & Abs | All | Spin Studio |

| THURSDAY | | | |
|-----------------|-------------------------|---------------------|--------------|
| | Club opens 06.30 | Closes 22.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.15 | Total Spin | All | Spin Studio |
| 09.30 - 10.30 | Aerotone | All | Studio 2 |
| 10.00 - 11.00 | Yang Style Tai Chi | All | Mind & Body |
| 10.30 - 11.30 | Body Combat | All | Studio 2 |
| 10.30 - 11.15 | Zumba Dancing | All | Studio 1 |
| 11.00 - 12.00 | Hatha Yoga | All | Mind & Body |
| 11.15 - 11.45 | Swim-a-song | age 0-3 | Small Pool £ |
| 11.30 - 12.30 | Adult Beginners | All | Small Pool |
| 11.30 - 12.15 | Latin Fever | All | Studio 1 |
| 16.00 - 16.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 16.30 - 17.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.00 - 17.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.30 - 18.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.30 - 18.00 | Spin Express | All | Spin Studio |
| 18.00 - 18.45 | Pilates | All | Studio 1 |
| 18.00 - 19.00 | Bootcamp | All | Studio 2 |
| 19.00 - 20.00 | Yoga | All | Mind & Body |
| 19.15 - 20.15 | Spin Extreme | All | Spin Studio |
| 19.30 - 20.15 | Aquaft | All | Small Pool |

| FRIDAY | | | |
|---------------|-------------------------|---------------------|--------------|
| | Club opens 06.30 | Closes 21.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.15 | Spin | All | Spin Studio |
| 09.30 - 10.15 | Aquaft | All | Small Pool |
| 09.30 - 10.30 | Zumba | All | Studio 2 |
| 10.30 - 11.30 | Body Pump | All | Studio 2 |
| 10.30 - 11.00 | Swim-a-song | age 0-3 | Small Pool £ |
| 10.45 - 11.30 | Tone & Shape | All | Studio 1 |
| 11.00 - 11.45 | Aquaft | All | Small Pool |
| 11.30 - 12.15 | Fitness Pilates | All | Studio 1 |
| 16.00 - 16.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 16.30 - 17.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.00 - 17.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 17.30 - 18.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 18.00 - 18.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 18.00 - 19.00 | Body Combat | All | Studio 2 |

| SATURDAY | | | |
|-----------------|-------------------------|---------------------|------------------------|
| | Club opens 08.00 | Closes 19.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.00 - 09.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 09.30 - 10.00 | Swimming Lessons | age 3+ | Small Pool £ |
| 10.00 - 10.30 | Swimming Lessons | age 3+ | Small Pool £ |
| 10.30 - 11.00 | Swim-a-Song | age 0-3 | Small Pool £ |
| 09.00 - 10.00 | Spin & Abs | All | Spin Studio |
| 10.00 - 11.00 | Bootcamp | All | Studio 2 |
| 10.30 - 11.30 | Gen Chi Yoga | All | Mind & Body |
| 10.00 - 11.00 | Body Combat | All | Studio 1 |
| 11.00 - 12.00 | Games Zone | Junior | Studio 1 |
| 11.00 - 18.00 | Private Party | | Small Pool or Studio £ |

| SUNDAY | | | |
|----------------|-------------------------|---------------------|------------------------|
| | Club opens 08.00 | Closes 19.00 | |
| TIME | CLASS | LEVEL | STUDIO |
| 09.30 - 10.30 | Step | All | Studio 2 |
| 09.15 - 10.15 | Total Spin | All | Spin Studio |
| 10.30 - 11.30* | Body Combat | All | Studio 2 |
| 10.30 - 11.30* | Sports Zone | Junior | Studio 1 |
| 12.00 - 13.00 | Hunter Splash | Junior | Small Pool |
| 13.00 - 18.00 | Private Party | | Small Pool or Studio £ |

KEY

£ Additional charge please see reception

* These are times when both an adult and child's class coincides. Please sign your children in and out of the classes.

Please ask at reception for more details on swimming lessons for 0-3 and 4+ year olds.

Text in red - Studio classes suitable for children please check ages allowed in class. **PLEASE NOTE:** Children's classes require a minimum of 2 attendees to take place.

Text in blue - Classes in the pool. The pool indicated MAY be unavailable or sectioned off at these times.

Private Party - Book a private party for your children and guests. Either pool or studio. See reception for details. Small pool MAY be unavailable at this time.

Please note opening times and classes will vary during seasonal and bank holidays. Please check with the club first.

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