

Hull Timetable - Commencing 2nd June 2010

MONDAY

TIME	CLASS	LEVEL	STUDIO
09.00-09.30	supreme rowing	All	gym floor
09.30-10.30	Total Circuit	All	Studio 2
10.00-11.00	Yang Style Tai Chi	All	Mind & Body
10.30-11.30	Total Spin	All	Spin studio
11:00 – 12:00	Zumba Dancing	All	Studio 1
10.45-11.30	Aquafit	All	Small pool
12.30-13.15	Aquafit	All	small pool
13.15-14.00	Osteo-Aqua	Clinical	Small Pool
16.30-17.30	Sports Zone	Junior	Studio 1
16.30-17.30	Spin & Ab's	All	Spin studio
17.30-18.15	hunter Splash	Junior	Small pool
18.00-18.45	Pilates	All	Studio 1
18.00-19.00	Bootcamp	All	Studio 2
19.00-20.00	Tone & Shape	All	Studio 1
19.15-20.00	Aquafit	All	Small pool
19.15-20.00	Urban Funk	All	Studio 2
19.15-20.15	Spin Extreme	int/adv	Spin studio

TUESDAY

TIME	CLASS	LEVEL	STUDIO
09.30 – 10.15	Total Spin	All	Spin Studio
09.30-10.15	Belly Dancing	All	Studio 1
09.30-10.30	Step	All	Studio 2
09.45-10.30	Total Aqua	All	Small Pool
10.15-11.15	Aerobics	All	Studio 1
10.30-11.30	Body Combat	All	Studio 2
11.00-11.45	Aquafit	All	Small Pool
11.15-12.00	Fitness Pilates	All	Studio 1
12.00-12.45	Fitness Pilates	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
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	Studio 1
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

TIME	CLASS	LEVEL	STUDIO
09.30-10.30	Total Circuit	All	Studio 2
09.30-10.30	Tone & Shape	All	Studio 1
09.45-10.30	Aquafit	All	Small Pool
10.30-11.00	Spin express	All	Spin Studio
10.30-11.30	Line Dancing	All	Studio 1
11.00-11.45	Aquafit	All	small pool
13.30-14.15	Nifty Fifties	All	Studio 2
16.00-16.45	Hunter Splash	Junior	Small Pool
17.00-19.00	Swimming lessons	Junior	Small pool
17.45-18.45	Body Combat	All	Studio 2
18.30-19.15	Total Spin	All	Spin Studio
18.00-19.00	Aerobics	All	Studio 1
19.00-20.00	Fitness Stretch	All	Studio 1

THURSDAY

TIME	CLASS	LEVEL	STUDIO
9.30 – 10.30	Dance Aerobics	All	Studio 2
09.45-10.30	Aquafit	All	Small Pool
10.30-11.30	Body Combat	All	Studio 1
11.00-11.30	Mother and baby	All	Small Pool
11.30-12.30	Adult Beginners	All	Small Pool
11.30-12.15	Latin Fever	All	Studio 1
11.00-12.00	Hatha Yoga	All	Mind & Body
16.00-17.00	Dolphins	Junior	Small Pool
17.00-17.30	Sharks	Junior	Small Pool
16.30-17.30	Family Circuit	Junior	Studio 2
18.00-18.45	Fitness Pilates	All	Studio 1
18.00-18.45	Belly Dancing	All	Mind & Body
18.00-19.00	Bootcamp	All	Studio 2
19.00-20.00	Hatha/Ashtanga Yoga	All	Mind & Body
19.15-20.00	Tone & Shape	All	Studio 2
19.15-20.15	Spin Extreme	All	Spin Studio
19.30-20.15	Aquafit	All	Small Pool

FRIDAY

TIME	CLASS	LEVEL	STUDIO
09.30-10.30	Dance Aerobics	All	Studio 2
09.45-10.30	Aquafit	All	Small Pool
10.45-11.45	Pump FX	All	Studio 2
10.45-11.30	Tone & Shape	All	Studio 1
11.00-11.45	Aquafit	All	Small Pool
11.30-12.15	Fitness Pilates	All	Studio 1
16.00-16.30	Dolphnis	Junior	Small Pool
16.30-17.00	Sharks	Junior	Small Pool
£ 17.00-17.45	Swimfit	Junior	Small Pool
18.30-19.30	Body Combat	All	Studio 2

SATURDAY

TIME	CLASS	LEVEL	STUDIO
08.45-10.45	Swimming lessons	Junior	Small Pool
09.00-10.00	Spin & Abs	All	Spin Studio
10.30-11.30	Yogalates	All	Mind & Body
10.00-11.00	Body Combat	All	Studio 2
11.00-12.00	Games Zone	Junior	Studio 1
11.00-12.00	Bootcamp	All	Studio 2
11.00-18.00	TF Parties Available	All	Small pool/ Studio 2

SUNDAY

TIME	CLASS	LEVEL	STUDIO
09.30-10.30	Step	All	Studio 2
09.30-10.15	Spin Express	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	TF Parties Available	All	Small Pool/ Studio 2

£ 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 swimming lessons for age4+

Classes suitable for children please check ages allowed in class
 Classes in the pool. Small pool may be unavailable at these times

FAMILIES Don't forget we have the family zone and internet and playstation
INSTRUCTORS Why not book in for a program with an instructor

please note if there are 3 children or less for a kids class, the class will not go ahead

BOOK A PRIVATE PARTY - Book a private party for your children and guests. Either pool or studio. Choose a theme of Princesses, pirates and much more. See reception for details. Pool may be unavailable at this time