totalfitness HULL TIMETABLE

Please note classes will vary during seasonal and bank holidays. Please check with the club first. **01482 670 900**

5/10/16

MONDAY Opens 06.00 - 22.00

06.30 - 07.15	Body Combat **NEW**	Andy Wilson	Studio 1
09.00 - 10.00	Water Babies	age 0-3	Small Pool £
09.30 - 10.30	Zumba	Alisa Hessey	Studio 1
09.30 - 10.15	Total Spin	Gym Team	Spin
09.30 - 10.30	Body Pump	Lisa Garnett	Studio 2
10.30 - 11.00	GRIT Series	Gym Team	Studio 2
10.35 - 11.35	Body Balance	Lisa Garnett	Mind & Body
10.45 - 11.30	Aquafit	Leanne James	Small Pool
11.30 - 12.15	Aquafit	Leanne James	Small Pool
12.15 - 13.00	Osteo - Aqua	Leanne James	Small Pool £
13.45 - 14.30	Private Hire	Private	Half Small Pool
17.30 - 18.00	Spin Express	Danny Hodder	Spin
18.00 - 19.00	Bootcamp	Gym Team	Studio 2
19.00 - 20.00	Spin & Abs	Seb Waudby	Spin Studio
19.15 - 20.15	Body Balance	Donna Millar	Mind & Body

TUESDAY Opens 06.00 - 22.00

09.15 - 10.15	Conditioning	Helen Burdin	Studio 2
09.15 - 10.15	Pilates	Emma Richardson	Mind & Body
09.30 - 10.15	Total Spin	Gym Team	Spin
10.15 - 11.15	Pilates	Claire Lyon	Studio 1
10.30 - 11.15	Aquafit	Seb Waudby	Small Pool
10.30 - 11.30	Body Combat	Steve Reed	Studio 2
12.00 - 12.45	Aqua Stretch NMW	Michelle Bellis	Small Pool £
13.15 - 14.15	Private Hire	Private	2 lanes Mn Pool & Half Sml Pool
18.00 - 18.45	Spin & Abs	Gym Team	Spin Studio
17.30 - 18.30	Body Combat	Steve Reed	Studio 1
18.00 - 19.30	Swim to - fitness & technique 11th October Main Pool		
18.30 - 19.00	GRIT Series	Gym Team	Studio 2
18.30 - 19.00	Abs	Gill Hambretan	Mind & Body
19.00 - 20.00	Body Pump **NEW**	Babs Miller	Studio 1
19.00 - 20.00	Yoga	Gill Hambretan	Mind & Body

WEDNESDAY Opens 06.00 - 22.00

09.15 - 09.45	Conditioning	Alisa Hessey	Studio 1
09.15 - 09.45	Spin Express	Seb Waudby	Spin Studio
09.15 - 10.15	Total Circuit	Gym Team	Studio 2
09.30 - 10.30	Yoga	Angie Young	Mind & Body
10.00 - 10.45	Aquafit	Seb Waudby	Small Pool
10.30 - 11.15	Legs Bums and Tums	Rich Pearson	Studio 1
10.30 - 11.30	Body Pump	Jayne Harrison	Studio 2
11.00 - 12.00	Private Hire	Private	2 lanes Mn Pool & Half Sml Pool
11.15 - 12.00	Fit Steps	Rich Pearson	Studio 1
13.45 - 14.30	Private Hire	Private	Half Small Pool
18.00 - 18.30	GRIT Series	Gym Team	Studio 2
18.00 - 19.00	Zumba	Rich Pearson	Studio 1
18.00 - 19.00	Spin & Abs	Gym Team	Spin
19.00 - 20.00	Boxercise	Amanda Allen	Studio 2
20.00 - 21.00	Body Combat **NEW**	Andy Wilson	Studio 1

THURSDAY Opens 06.00 - 22.00

06.30- 07.00	GRIT Series	Gym Team	Studio 2
09.30 - 10.15	Total Spin	Gym Team	Spin
09.30 - 10.30	Step **NEW**	Helen Burdin	Studio 1
09.30 - 10.30	Body Combat	Steve Reed	Studio 2
10.30 - 11.30	Body Balance	Donna Millar	Mind & Body
11.00 - 11.45	Latin Fever	Leanne James	Studio 1
11.45 - 12.15	Slow Stretch	Leanne James	Studio 1
12.30 - 13.15	Mobility Aqua	Leanne James	Small Pool £
13.45 - 14.30	Private Hire	Private	Half Small Pool
17.30 - 18.15	Spin	Andy Wilson	Spin Studio
17.30 - 18.00	GRIT Series	Gym Team	Studio 2
18.15 - 19.15	Bootcamp	Gym Team	Studio 2
18.00 - 19.00	Pilates	Claire Lyon	Mind & Body
19.00 - 20.00	Defence Labs	Private Hire	Studio 1 £
19.00 - 20.00	Yoga	Claire Lyon	Mind & Body
19.00 - 19.45	Aquafit	Barbara Singh	Small Pool
19.15 - 20.00	Total Spin	Gym Team	Spin

FRIDAY Opens 06.00 - 21.00

06.30 - 07.00	Spin **NEW**	Gym Team	Spin Studio
07.00 - 08.30	Swim to - fitness & technique 14th October Main Pool		
09.30 - 10.00	Metafit	Gill Hambretan	Studio 1
09.30 - 10.15	Total Spin	Danny Hodder	Spin Studio
09.30 - 10.15	ShaBam **NEW**	Angie Young	Studio 2
09.30 - 10.30	Private Hire	Private	2 lanes Mn Pool & Half Sml Pool
10.00 - 10.45	Yoga	Gill Hambretan	Mind & Body
10.45 - 11.30	Conditioning	Sarah Thomas	Studio 1
10.45 - 11.30	Aquafit	Debbie Tyson	Small Pool
11.30 - 12.15	Pilates	Sarah Thomas	Studio 1
17.00 - 17.30	Spin Express **NEW**	Gym Team	Spin Studio
17.30 - 18.00	GRIT Series	Gym Team	Studio 2
18.00 - 19.00	Body Combat	Donna Millar	Studio 1
18.00 -19.00	Zumba	Alisa Hessey	Studio 2

SATURDAY Opens 08.00 - 19.00

09.00 - 10.00	Boxercise	Amanda Allen	Studio 2
09.00 - 10.00	Spin & Abs	Paul Bradshaw	Spin
10.00 - 11.00 ☺	Body Combat	Donna Millar	Studio 1
11.00 - 11.30	Slow Stretch **NEW**	Donna Millar	Studio 1
11.45 - 12.15	Tri-Star Athletics Humber Tri Star		Studio 2
12.00 - 12.30	Rig Circuit **NEW**	Gym Team	Gym Floor

SUNDAY Opens 08.00 - 19.00

09.00 - 10.00 ☺	Spin & Tone	Gym Team	Spin
09.30 - 10.30	Body Combat	Donna Millar	Studio 1
10.30 - 11.00	Slow Stretch	Donna Millar	Studio 1
12.00 - 12.30	Rig Circuit	Gym Team	Gym Floor

KEY

£ Additional charge please see reception

NMW Non members welcome, please book in at reception

☺ These are times when both an adult and childs class coincides, see the Junior Timetable for details.

Please ask at reception for more details on swimming lessons for 0-3 and 4+ year old's.
PLEASE NOTE: Children's classes require a minimum of 4 attendees to take place.

Classes in the pool.
The pool indicated may be unavailable or sectioned off at these times.

Book a private pool party for your children and guests.
See reception for details.