

EXERCISE IN-PERSON CLASSES

Bookable via the KAL app

University of
HUDDERSFIELD
Inspiring global professionals

A variety of classes suited to all ability levels, delivered by qualified and motivated fitness instructors at the University. With an ActiveHud membership, you can access 500+ classes at 10 centres across Kirklees, in partnership with KAL

MONDAY

Time	Class	Instructor	Location
7.30 - 8.00am	Bootcamp	Mark/Matty	Performance Suite
12.30 - 1.00pm	Power Up	Jugal	Performance Suite
4.15 - 4.45pm	Les Mills Combat Express	Aftab	Studio 2
5.00 - 5.45pm	Les Mills Pump	Aftab	Studio 2

TUESDAY

Time	Class	Instructor	Location
10.30 - 11.00am	Girls Who Lift	Georgina	Performance Suite
11.15 - 11.45am	This Girl Can Legs, Bums and Tums	Georgina	Studio 2
11.30am - 12.00pm	Beginners Strength	Jugal	Performance Suite
12.00 - 12.45pm	Step Aerobics	Dan	Studio 2
12.30 - 1.00pm	HIIT Up	Jugal	Studio 1
12.30 - 1.00pm	Bootcamp	Mark and Matty	Performance Suite
1.00 - 1.45pm	Pure Stretch	Dan	Studio 2
4.30 - 5.00pm	Les Mills Pump Express	Jamie	Studio 2
5.00 - 5.30pm	HIIT Cardio	Abhi	Studio 1
5.05 - 5.35pm	Les Mills Core Express	Jamie	Studio 2
5.45 - 6.30pm	Calisthenics	Abhi	Performance Suite

WEDNESDAY

Time	Class	Instructor	Location
12.30 - 1.00pm	Power Up	Jugal	Performance Suite
12.30 - 1.00pm	Les Mills Pump Express	Louise	Studio 2
4.15 - 4.45pm	Intermediate Functional Training	Abhi	Studio 1
4.15 - 5.00pm	Les Mills Combat	Dan	Studio 2
5.00 - 5.45pm	Spinning	Holly	Studio 1
5.15 - 6.00pm	Pilates Core	Dan	Studio 2

THURSDAY

Time	Class	Instructor	Location
12.00 - 12.45pm	Yoga	Steph	Studio 2
12.30 - 1.00pm	Upper Body Strength	Abhi	Studio 1
4.00 - 4.30pm	Functional HIIT	Dan	Studio 1
4.00 - 4.45pm	Calisthenics	Mark and Jugal	Performance Suite
4.45 - 5.30pm	Les Mills Pump	Dan	Studio 2
5.00 - 5.45pm	Strength and Conditioning	Jugal	Performance Suite
5.45 - 6.30pm	Pilates	Dan	Studio 2

FRIDAY

Time	Class	Instructor	Location
8.00 - 8.30am	Deadlift workshop	Laura	Performance Suite
12.15 - 1.00pm	Fitsteps	GiGi	Studio 1
12.15 - 1.00pm	Les Mills Core	Steph	Studio 2
12.30 - 1.00pm	Lower Body Strength	Abhi	Performance Suite
1.15 - 1.45pm	Body Tone	GiGi	Studio 1
1.15 - 2.00pm	Yoga	Steph	Studio 2
4.15 - 5.00pm	Les Mills Bodycombat	Louise	Studio 2
5.00 - 5.45pm	Strength and Conditioning	Jugal	Performance Suite



Scan for further info and to book, or visit: hud.ac/kw1



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EXERCISE VIRTUAL CLASSES

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Virtual classes will be held in **Studio 1** and provide the ultimate digital experience to group exercise. These are highly motivating classes that are perfect for all levels of ability.

MONDAY

Time	Class
7.30 - 8.00am	HIIT Step
8.15 - 8.45am	HIIT Cycle
12.30 - 1.00pm	HIIT Cycle
4.30 - 5.00pm	HIIT Cycle
5.15 - 5.45pm	BoxFit
6.00 - 6.45pm	Pure Stretch
7.15 - 8.00pm	Vinyasa Flow

TUESDAY

Time	Class
7.30 - 8.15am	Pure Stretch
6.15 - 7.00pm	Dancercise

WEDNESDAY

Time	Class
8.00 - 8.30am	HIIT Step
9.30 - 10.15am	Vinyasa Flow
12.30 - 1.00pm	BoxFit
1.15 - 1.45pm	Legs, Bums and Tums

THURSDAY

Time	Class
7.30 - 8.15am	Pilates
1.15 - 1.45pm	Arms-Body-Core
5.15 - 5.45pm	Strength Yoga
6.00 - 6.45pm	Pure Stretch

FRIDAY

Time	Class
7.30 - 8.30am	Hatha Yoga
4.30 - 5.00pm	HIIT Cycle
6.00 - 7.00pm	Vinyasa Flow

SATURDAY

Time	Class
9.30 - 10.00am	HIIT Step
10.30 - 11.15am	Pilates
11.30am - 12.00pm	Bodyweight Workout

SUNDAY

Time	Class
9.30 - 10.00am	Box Fit
10.30 - 11.15am	Vinyasa Flow



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