

Brunel Gym Classes

Monday

8:30am SPIN
Duration: 30 Minute class
Venue: Whistle Stop

12:30pm YOGA
Duration: 45 Minute class
Venue: Sports Centre studio

17:30pm HIIT
Duration: 45 Minute class
Venue: IAC Studio

18:30pm BOOTCAMP
Duration: 45 Minute class
Venue: IAC Studio

18:30pm PILATES
Duration: 45 Minute class
Venue: Sports Centre Studio

19:30pm ZUMBA
Duration: 45 Minute class
Venue: IAC Studio

Tuesday

8:30am TRX CIRCUIT
Duration: 45 Minute class
Venue: Sports Centre Studio

12:30pm PILATES
Duration: 45 Minute class
Venue: Sports Centre Studio

17:30pm CORE
Duration: 30 Minute class
Venue: IAC Studio

18:15pm LEGS, BUMS & TUMS
Duration: 45 Minute class
Venue: IAC Studio

18:30pm YOGA
Duration: 45 Minute class
Venue: Sports Centre Studio

Wednesday

8:00 CIRCUITS
Duration: 30 Minute class
Venue: IAC Studio

12:30pm CORE
Duration: 30 Minute class
Venue: IAC Studio

18:00pm KETTLEBELLS
Duration: 45 Minute class
Venue: Sports Centre Studio

18:30pm ZUMBA
Duration: 45 Minute class
Venue: IAC Studio

19:00pm SPIN
Duration: 45 Minute class
Venue: Whistle Stop

Thursday

8:00am CORE
Duration: 30 Minute class
Venue: IAC Studio

18:00pm BOOTY BANDS
Duration: 45 Minute class
Venue: IAC Studio

18:00pm PILATES
Duration: 45 Minute class
Venue: Sports Centre Studio

19:00pm CARDIO COMBAT
Duration: 45 Minute class
Venue: IAC Studio

19:00am YOGA
Duration: 45 Minute class
Venue: Sports Centre Studio

Friday

8:30am SPIN
Duration: 30 Minute class
Venue: Whistle Stop

17:30pm KETTLEBELLS
Duration: 45 Minute class
Venue: Sports Centre Studio

Saturday

10:00am HIIT
45 Minute class
Venue: Sports Centre Studio

Sunday

10:00am KETTLEBELLS
45 Minute class
Venue: Sports Centre Studio

Non-Members Pay: (30mins: £5) (45mins: £6) (Yoga/ Pilates: £7.50)

SCAN ME TO BOOK!

