

CLASS TIMETABLE 2021-22 (starting w/c 15th Nov 21)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SPIN Gym Team 7:30am / 30 mins Sports Centre		SPIN Gym Team 7:30am / 30 mins Sports Centre	CORE Gym Team 7:30am / 30 mins Indoor Athletics Centre	
YOGA Romi 12:30pm / 45 mins Sports Centre	PILATES Karen 12:30pm / 45 mins Sports Centre		BOXFIT Gym Team 12:30pm / 30 mins Indoor Athletics Centre	CIRCUITS Gym Team 12:30pm / 30 mins IAC
HIIT Gym Team 5:15pm / 30 mins Indoor Athletics Centre	CORE Gym Team 5:15pm / 30 mins Indoor Athletics Centre	SPIN Gym Team 5:15pm / 30 mins Sports Centre	HIIT Gym Team 5:15pm / 30 mins Indoor Athletics Centre	BOOTCAMP Gym Team 5:15pm / 30 mins Indoor Athletics Centre
	LEGS, BUMS & TUMS Clare 6:00pm / 45 mins Indoor Athletics Centre			
PILATES Ammie 6:30pm / 45 mins Sports Centre	YOGA Kelly 6:30pm / 45 mins Sports Centre	ZUMBA Laura 6:30pm / 45 mins Sports Centre	KETTLEBELLS Gym Team 6:30pm / 30 mins Sports Centre	
KETTLEBELLS Gym Team 7:30pm / 30 mins Sports Centre	BOXFIT Gym Team 7:30pm / 30 mins Sports Centre	CIRCUITS Gym Team 7:30pm / 30 mins Sports Centre		

Classes Free for Gym Members. Non-Members can book online and then pay at the Sports Centre or Indoor Athletics Centre Reception before class
 Class Prices: £5 – 30 minute classes, £6 - 45 minutes classes. Yoga/Pilates/Zumba - £7.50
 For Information and general Gym enquiries please call 01895 265305 or email gym@brunel.ac.uk