

# BRUNEL UNIVERSITY GYM CLASSES 2026

<b>M</b>	<b>Core</b> Gym Team 8:00am/30 mins Venue: Sports Centre Studio	<b>PILATES</b> Emily 12:30pm/45 mins Venue: Sports Centre Studio	<b>HIIT</b> Gym Team 5:30pm/45 mins Venue: IAC Studio	<b>BOOTCAMP</b> Clare 6:30pm/45mins Venue: IAC Studio	<b>PILATES</b> Ammie 6:30pm/45 mins Venue: Sport Centre Studio	<b>ZUMBA</b> Laura 7:30pm/45 mins Venue: IAC Studio
<b>T</b>	<b>TRX</b> Gym Team 8:30am/45 mins Venue: Sports Centre Studio	<b>PILATES</b> Karen 12:30pm/45 mins Venue: Sports Centre Studio	<b>CORE</b> Gym Team 5:30pm/30 mins Venue: IAC Studio	<b>LEGS,BUMS,TUMS</b> Clare 6:15pm/45mins Venue: IAC Studio	<b>YOGA</b> Kelly 6:30pm/45 mins Venue: Sports Centre Studio	
<b>W</b>	<b>BOOTCAMP</b> Gym Team 8:00am/30 mins Venue: IAC Studio	<b>HIIT</b> Gym Team 5:15pm/45 mins Venue: IAC Studio	<b>KETTLEBELLS</b> Huma 6:00pm/ 45 mins Venue: Sports Centre Studio	<b>ZUMBA</b> Laura 6:30pm/45 mins Venue: IAC Studio		
<b>T</b>	<b>HIIT</b> Clare 8:00am/45 mins Venue: IAC Studio	<b>YOGA</b> Danielle 12:30pm/45 mins Venue: Sports Centre Studio	<b>SPIN</b> Gym Team 5:30pm/45 mins Venue: Whistle-Stop	<b>CORE &amp; GLUTES</b> Clare 6:00pm/45mins Venue: IAC Studio		
<b>F</b>	<b>SPIN</b> Gym Team 8:30am/30 mins Venue: Whistle-Stop	<b>KETTLEBELLS</b> Gym Team 5:30pm/45 mins Venue: Sports Centre Studio				
<b>S</b>	<b>HIIT</b> Gym Team 10:00am/45 mins Venue: Sports Centre Studio					
<b>S</b>	<b>KETTLEBELLS</b> Huma 10:00am/ 45 mins Venue: Sports Centre Studio					

Free to members

Non-Members Pay: (30mins: £5)

(45mins: £6) (Yoga/Pilates: £7.50)

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