

# CLASS TIMETABLE 2021-22 (starting 4.10.21)

Monday	Tuesday	Wednesday	Thursday	Friday
Spin 7:30am 30mins	HIIT 7:30am 30mins	Spin 7:30am 30mins	Core 7:30am 30mins	
Yoga 12:30pm 45mins <b>Romi</b>	Pilates 12:30pm 45mins <b>Karen</b>	Circuit 12:30pm 30mins	BoxFit 12:30pm 45mins	Circuit 12:30pm 30mins
HIIT 17:30pm 30mins	Core 17:30pm 30mins	Spin 17:30pm 30mins	HIIT 17:30pm 30mins	Bootcamp 17:30pm 45mins
Pilates 18:30pm 45mins <b>Ammie</b>	Yoga 18:30pm 45mins <b>Kelly</b>	Zumba 18:30pm 45mins <b>Laura</b>	Kettlebells 18:30pm 30mins	
Kettlebell 19:30pm 30mins	BoxFit 19:30pm 45mins	Core 19:30pm 30mins		

Class Policy applies. Please contact a member of the Gym Team if you have any questions.

T : 01895 265305

E : [gym@brunel.ac.uk](mailto:gym@brunel.ac.uk)

Follow us [@brunel\\_sport](https://www.instagram.com/brunel_sport) 

**Free to members. Non-members**

**book & pay at reception:**

**30mins: £5**

**45mins: £6**

**Yoga/ Zumba / Pilates: £7.50**

Members book via Brunel Sport app where Zoom meeting details will also be available for online live streaming

View Class Descriptions Online

[www.brunel.ac.uk/sport](http://www.brunel.ac.uk/sport)

Classes are in person.