

# GYM CLASS TIMETABLE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<b>INDOOR CYCLING</b> 8:00am/30 mins Venue: IAC	<b>HIGH INTENSITY INTERVAL TRAINING</b> 8:00am/30 mins Venue: IAC	<b>BOOT CAMP</b> 8:00am/30 mins Venue: IAC	<b>CORE CONDITIONING</b> 8:00am/30 mins Venue: IAC	<b>INDOOR CYCLING</b> 8:00am/ 30 mins Venue: POD	<b>KETTLEBELLS</b> Huma 11:30am/ 45 mins Venue: IAC
<b>YOGA</b> Val 12:45pm/45 mins Venue: SPIN ROOM	<b>PILATES</b> Karen 12:30pm/45 mins Venue: SPIN ROOM	<b>CIRCUITS</b> 12:30pm/30 mins Venue: IAC	<b>INDOOR CYCLING</b> 12:30pm/45 mins Venue: POD	<b>BOOT CAMP</b> 12:30pm/30 mins Venue: IAC	
<b>HIGH INTENSITY INTERVAL TRAINING</b> 5:30pm/45 mins Venue: IAC	<b>FULL BODY WEIGHTS</b> 5:15pm/45 mins Venue: IAC	<b>INDOOR CYCLING</b> 5:30pm/45 mins Venue: POD	<b>HIGH INTENSITY INTERVAL TRAINING</b> 5:00pm/45 mins Venue: IAC	<b>KETTLEBELLS</b> 5:30pm/45 mins Venue: IAC	
<b>BOOTCAMP</b> Clare 6:30pm/45mins Venue: IAC	<b>LEGS,BUMS &amp; TUMS</b> Clare 6:15pm/45mins Venue: IAC	<b>ZUMBA</b> Laura 6:30pm/45 mins Venue: IAC	<b>BOOTY BANDS</b> Clare 6:00pm/45mins Venue: IAC		
<b>PILATES</b> Ammie 6:30pm/45 mins Venue: SPIN ROOM	<b>YOGA</b> Kelly 6:30pm/45 mins Venue: SPIN ROOM		<b>CARDIO COMBAT</b> Patrick 7:00pm/45 mins Venue:IAC		
	<b>DANCE FITNESS</b> Rebecca 7:15pm/45 mins Venue: IAC				

Members book via  
**Brunel Sport app**

Free to members.  
 Non-members book  
 & pay at reception:

30mins: £5

45mins: £6

Yoga/ Zumba /

Pilates: £7.50

**INSTAGRAM**

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**BRUNEL UNIVERSITY GYM**