

BRUNEL UNIVERSITY GYM CLASSES 2024

M	SPIN Gym Team 8:30am/30 mins Venue: IAC	CORE Gym Team 12:30am/30 mins Venue: IAC	YOGA Danielle 12:30pm/45 mins Venue: SPIN ROOM	HIIT Gym Team 5:30pm/45 mins Venue: IAC	BOOTCAMP Clare 6:30pm/45mins Venue: IAC	PILATES Ammie 6:30pm/45 mins Venue: SPIN ROOM	ZUMBA Laura 7:30pm/45 mins Venue: IAC	YOGA Val 7:30pm/45 mins Venue: SPIN ROOM
T	TRX CIRCUITS Gym Team 8:30am/30 mins Venue: POD	PILATES Karen 12:30pm/45 mins Venue: SPIN ROOM	CORE Gym Team 5:30pm/30 mins Venue: IAC	LEGS,BUMS,TUMS Clare 6:15pm/45mins Venue: IAC	YOGA Kelly 6:30pm/45 mins Venue: SPIN ROOM	DANCE FITNESS Rebecca 7:15pm/45 mins Venue: IAC		
W	BOOTCAMP Gym Team 8:30am/30 mins Venue: IAC	SPIN Gym Team 12:30pm/30 mins Venue: IAC	TRX CIRCUITS Gym Team 5:30pm/45 mins Venue: POD	ZUMBA Laura 6:30pm/45 mins Venue: IAC				
T	CORE Gym Team 8:30am/30 mins Venue: IAC	LEARN TO LIFT Gym Team 12:00pm/45 mins Venue: IAC	SPIN Gym Team 5:00pm/45 mins Venue: IAC	BOOTY BANDS Clare 6:00pm/45mins Venue: IAC	CARDIO COMBAT Patrick 7:00pm/45 mins Venue:IAC			
F	SPIN Gym Team 8:30am/30 mins Venue: IAC	CIRCUITS Gym Team 12:30pm/30 mins Venue: IAC	KETTLEBELLS Gym Team 5:30pm/45 mins Venue: IAC					
S	HIIT+CORE Gym Team 10:00am/45 mins Venue: IAC							
S	KETTLEBELLS Huma 11:30am/ 45 mins Venue: IAC							

Book via Brunel Sport app
Free to members

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

EMAIL: gym@brunel.ac.uk **TELEPHONE:** 01895 265305