

BRUNEL UNIVERSITY GYM CLASSES 2024

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|----------|--|---|---|---|--|---|--|
| M | SPIN Gym Team 8:30am/30 mins Venue: Whistle-Stop | LEARN TO LIFT Gym Team 12:30am/30 mins Venue: IAC Studio | YOGA Danielle 12:30pm/45 mins Venue: Sports Centre Studio | HIIT Gym Team 5:30pm/45 mins Venue: IAC Studio | BOOTCAMP Clare 6:30pm/45mins Venue: IAC Studio | PILATES Ammie 6:30pm/45 mins Venue: Sport Centre Studio | ZUMBA Laura 7:30pm/45 mins Venue: IAC Studio |
| T | TRX CIRCUITS Gym Team 8:30am/45 mins Venue: Sports Centre Studio | PILATES Karen 12:30pm/45 mins Venue: Sports Centre Studio | CORE Gym Team 5:30pm/30 mins Venue: IAC Studio | LEGS,BUMS,TUMS Clare 6:15pm/45mins Venue: IAC Studio | YOGA Kelly 6:30pm/45 mins Venue: Sports Centre Studio | | |
| W | BOOTCAMP Gym Team 8:00am/30 mins Venue: IAC Studio | CORE Gym Team 12:30pm/30 mins Venue: Sports Centre Studio | KETTLEBELLS Huma 6:00pm/ 45 mins Venue: Sports Centre Studio | ZUMBA Laura 6:30pm/45 mins Venue: IAC Studio | SPIN Gym Team 7:00pm/45 mins Venue: Whistle-Stop | | |
| T | CORE Gym Team 8:00am/30 mins Venue: IAC Studio | SPIN Gym Team 12:30pm/30 mins Venue: Whistle-Stop | BOOTY BANDS Clare 6:00pm/45mins Venue: IAC Studio | PILATES Val 6:00pm/45 mins Venue: Sport Centre Studio | CARDIO COMBAT Patrick 7:00pm/45 mins Venue: IAC studio | YOGA Val 7:00pm/45 mins Venue: Sports Centre Studio | |
| F | SPIN Gym Team 8:30am/30 mins Venue: Whistle-Stop | CIRCUITS Gym Team 12:30pm/30 mins Venue: IAC studio | KETTLEBELLS Gym Team 5:30pm/45 mins Venue: Sports Centre Studio | | | | |
| S | HIIT Gym Team 10:00am/45 mins Venue: Sports Centre Studio | | | | | | |
| S | KETTLEBELLS Huma 10:00am/ 45 mins Venue: Sports Centre Studio | | | | | | |

Scan the QR code to book a class
Free to members



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

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