

# BRUNEL UNIVERSITY GYM CLASSES 2024

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

Book via Brunel Sport app  
Free to members

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

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