

BRUNEL UNIVERSITY GYM CLASSES 2024

M	SPIN Gym Team 8:30am/30 mins Venue: Whistle-Stop	CORE 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/30 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 8:30am/30 mins Venue: IAC Studio	LEARN TO LIFT Gym Team 12:30pm/30 mins Venue: Sports Centre Studio	KETTLEBELLS Huma 5:30pm/ 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 8:30am/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 11:30am/ 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