

Brunel Gym Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CIRCUIT Gym Team 7:15am / 45 mins Venue: IAC Level: Advance	SPIN Gym Team 7:15am / 45 mins Venue: Spin Room Level: Everyone	HIIT Gym Team 7:15am / 30 mins Venue: IAC Level: Beginner	SPIN Gym Team 7:15am / 45 mins Venue: Spin Room Level: Everyone	CORE Gym Team 7:15am / 30 mins Venue: IAC Level: Everyone	
YOGA Romi 12:30pm / 45 mins Venue: POD Level: Everyone	PILATES Karen 12:30pm / 45 mins Venue: POD LVL: Everyone				BOOTCAMP Gym Team 10:30pm / 45 mins Venue: IAC Level: Everyone
HIIT Gym Team 5:30pm / 45 mins Venue: IAC Level: Advance	SPIN Gym Team 5:30pm / 45 mins Venue: Spin Room Level: Advance	CORE Gym Team 5:30pm / 45 mins Venue: IAC Level: Everyone		KETTLEBELLS Gym Team 5:30pm / 45 mins Venue: IAC Level: Everyone	
	LEGS,BUMS & TUMS Clare 6:00pm / 45 mins Venue: IAC Level: Everyone		RESISTANCE BANDS Clare 6:00pm / 45 mins Venue: IAC Level: Everyone		
PILATES Ammie 6:30pm / 45 mins POD Level: Everyone	YOGA Kelly 6:30pm / 45 mins Venue: POD Level: Everyone	ZUMBA Laura 6:30pm / 45 mins Venue: IAC Level: Everyone	SPIN Gym Team 6:30pm / 45 mins Venue: Spin Room Level: Everyone		
KETTLEBELLS Gym Team 7:00pm / 30 mins Venue: IAC Level: Everyone	BODY PUMP Gym Team 7:00pm / 45 mins Venue: IAC Level: Everyone		CIRCUIT Gym Team 7:00pm / 30 mins Venue: IAC Level: Advance		

IAC - Indoor Athletics Centre

Spin Room - Sports Centre First Floor

POD - Sports Centre Ground Floor next to reception