

# Online Class Timetable



Brunel  
University  
London

Gym

Starts 11th January 2021

\*Timetable subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>12.30pm</p> <p><b>Mindfulness (40 mins)</b></p> <p>Romi</p>	<p>12.30pm</p> <p><b>Pilates (60 mins)</b></p> <p>Karen</p>	<p>12.30pm</p> <p><b>Yoga (40 mins)</b></p> <p>Romila</p>		
<p>6pm</p> <p><b>Pilates (60 mins)</b></p> <p>Karen</p>	<p>6pm</p> <p><b>Yoga (40 mins)</b></p> <p>Kelly</p>			

Class Policy applies. Please contact a member of the Gym Team if you have any questions. T : 01895 265305 E : [gym@brunel.ac.uk](mailto:gym@brunel.ac.uk). Follow us for class instructor info



View Class

Descriptions Online

[www.brunel.ac.uk/sport](http://www.brunel.ac.uk/sport)

BOOK VIA BRUNEL  
SPORT APP

**Classes are free. Please book via Brunel Sport app where Zoom meeting details will be displayed**