

BRUNEL UNIVERSITY GYM CLASSES 2025

M	SPIN Gym Team 8:30am/30 mins Venue: Sports Centre Studio	PILATES Emily 12:30pm/45 mins Venue: Sports Centre Studio	HIIT Gym Team 5:30pm/45 mins Venue: Sports Centre 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 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: Sports Centre Studio	LEGS,BUMS,TUMS Clare 6:15pm/45mins Venue: IAC Studio	YOGA Kelly 6:30pm/45 mins Venue: Sports Centre Studio	
W	CIRCUITS Gym Team 8:00am/30 mins Venue: IAC Studio	SPIN Gym Team 5:00pm/45 mins Venue: Sports Centre Studio	KETTLEBELLS Huma 6:00pm/ 45 mins Venue: Sports Centre Studio	ZUMBA Laura 6:30pm/45 mins Venue: IAC Studio		
T	CORE Gym Team 8:00am/30 mins Venue: Venue: Sports Centre Studio	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: Sports Centre Studio	KETTLEBELLS Gym Team 5:30pm/45 mins Venue: Sports Centre Studio				
S	HIIT Gym Team 09:30am/45 mins Venue: Sports Centre Studio					
S	KETTLEBELLS Huma 10:00am/ 45 mins Venue: Sports Centre Studio					

Free to members

Non-Members Pay: (30mins: £5)

(45mins: £6) (Yoga/ Pilates: £7.50)

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