

# CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7.30am - 8.00am <b>Power Pump</b> Live Studio	7.30am - 8.00am <b>Outrace HIIT</b> Live Studio	7.30am - 8.00am <b>HIIT</b> Live Studio	7.30am - 8.00am <b>Kettlebells</b> Live Studio
12.15am - 12.45pm <b>Spin</b> Live Studio	12.15am - 1.00pm <b>Pilates</b> Live Studio	12.15pm - 1.00pm <b>Cross Gym</b> Live Studio	12.15am - 1.00pm <b>Yoga</b> Live Studio
	12.15pm - 12.45pm <b>Box Fit</b> Live Gym	5.15pm - 5.45pm <b>LBT</b> Live Studio	12.15pm - 12.45pm <b>Outrace HIIT</b> Live Gym
	5.15pm - 5.45pm <b>Circuits</b> Live Studio		

Book your classes by logging into your account on the gym website or via the gym app.

[brooklandsgym.co.uk](https://brooklandsgym.co.uk)

[brooklandsgym.im@pg.com](mailto:brooklandsgym.im@pg.com)

# CLASS DESCRIPTIONS



## BOX FIT

Get your gloves on because this class packs a serious punch with lots of high energy cardio, expect boxing combos and conditioning work all choreographed to music to have you working hard and dripping in sweat. Whether you've had a bad week at the office or are just looking to get rid of some energy Box Fit will help you de-stress and balance out.

## CIRCUITS

Go retro - Join us for traditional workout with a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise.

## KETTLEBELLS

Exactly as the name implies, strengthening the core of your body to make everyday activities easier. The classes are designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

## HIIT

HIIT, high-intensity interval training, are classes based around short bursts of intense exercise alternated with low-intensity recovery periods that make up the protocol. HIIT is quick and anything but boring, as its exacting work-to-rest ratios make it arguably the most time-efficient way to exercise and burn calories.

## PILATES

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.

## OUTRACE HIIT

Get lean and strong with high intensity interval training on the training rig that will enhance metabolism while improving your overall fitness level.

## CROSS GYM

Fitness Challenge! The toughest class in the week.

## POWER PUMP

This class is designed for anyone wanting to get lean, toned and fit – fast! It combines continuous cardiovascular activity with light to moderate weight training. The weight training is performed using a standard two-hand barbell with weight plates attached to both sides.

## SPIN

High intensity exercise on a stationary bike. Combining cardio and endurance in a calorie-crunching session! Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles to make you super strong.

## YOGA

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

## DANCE FUSION

A fun class for all abilities. Mixing salsa, merengue, disco and more...

Book your classes by logging into your account on the gym website or via the gym app.

[brooklandsgym.im@pg.com](mailto:brooklandsgym.im@pg.com)

[brooklandsgym.co.uk](http://brooklandsgym.co.uk)