

# 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 Gym	7.30am - 8.00am <b>HIIT</b> Live Studio	7.30am - 8.00am <b>Kettlebells</b> Live Gym
12.15pm - 12.45pm <b>INTRO</b> Live Gym/Studio <b>NEW!</b>	12.15am – 1.00pm <b>Pilates</b> Live Studio	12.50pm-1.00pm <b>Neck &amp; Shoulders Release</b> Virtual Studio	12.15am – 1.00pm <b>Yoga</b> Live Studio
12.50pm-1.00pm <b>Full Body Stretch</b> Virtual Studio	12.15pm - 12.45pm <b>Box Fit</b> Live Gym	12.15pm – 12.45pm <b>LBT</b> Live Gym <b>NEW!</b>	12.15pm - 12.45pm <b>Outrace HIIT</b> Live Gym
	5.15pm - 5.45pm <b>Hybrid</b> Live Gym <b>NEW!</b>	5.15pm - 5.45pm <b>Team Workout*</b> Live Gym/Studio <b>NEW!</b>	



Book your classes via the app.

\*Team Workout to be booked with Piotr in advance.

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

## Hybrid - NEW!

Combination of endurance and functional workouts in a timed fitness race including running, SkiErg and more to push the body to limits.

## 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.

## LBT - NEW!

Old/new class to hit lower body parts and your tummies!

## 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.

## INTRO - NEW!

Great introduction class for beginners. Easy to follow workout routine. It will keep you motivated and give you results quickly.



## 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.

## FULL BODY STRETCH

Quick 10 min stretching routine to release the tension.

## NECK & SHOULDERS RELEASE

Relax stressed neck in few minutes.

## Team Workout - NEW!

Book the class with your team and enjoy the workout together! Contact us for bookings...

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)

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