

CLASS TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7.30am - 8.00am Power Pump Live Studio	7.30am - 8.00am Outrace HIIT Live Studio	7.30am - 8.00am HIIT Live Studio	7.30am - 8.00am Kettlebells Live Studio
12.15am - 12.45pm Arms Blast Live Studio NEW!	12.15am - 1.00pm Pilates Live Studio	12.15pm - 12.45pm LBT Live Studio	12.15am - 1.00pm Yoga Live Studio
12.50pm - 1.00pm Full Body Stretch Virtual Studio	12.15pm - 12.45pm Box Fit Live Gym	12.50pm - 1.00pm Neck & Shoulders Release Virtual Studio	12.15pm - 12.45pm Outrace HIIT Live Gym
	5.15pm - 5.45pm Bootcamp Live Gym NEW!	5.15pm - 5.45pm Olympic Lifting Live Studio NEW!	



Book your classes via the app

Breath Class – Monthly Class – Every first Wednesday of the month at 12.15pm

brooklandsgym.co.uk

brooklandsgym.im@pg.com

CLASS DESCRIPTIONS



ARMS BLAST - NEW!

Hit the upper body with a workout using weights and bodyweight. This class will improve strength, endurance and overall fitness.

BOOTCAMP - NEW!

A high-energy, full-body workout combining strength, cardio, and functional training. Improve your fitness, build endurance, and burn calories through fun, challenging circuits suitable for all fitness levels.

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.

FULL BODY STRETCH

Quick 10 min stretching routine to release the tension.

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.

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.

LBT

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

NECK & SHOULDERS RELEASE

Relax stressed neck in few minutes.

OLYMPIC LIFTING - NEW!

Learn and improve the fundamentals of Olympic Weightlifting with a focus on technique, power, and coordination. Using light barbells in a supportive studio environment. This class helps build strength, confidence, and athletic performance. Suitable for all fitness level.

OUTPACE HIIT

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

PILATES

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

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.

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.

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

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