

# BROOKES SPORT HARCOURT HILL

## FITNESS CLASS TIMETABLE SUMMER 2019

**BROOKES**  
**Sport**

	09:00 - 12:00		12:00 - 17:00	17:00 - 21:00					
Mon		11:00 Aqua Zumba - Pool -		17:30 Core Stability - Studio -	17:30 Vibe Cycle - Training Room -	18:30 Body Pump Les Mills™ - Studio -	18:30 Vibe Cycle - Training Room -	19:00 Fitsteps - Studio -	19:30 Spin - Training Room -
Tues		11:30 Circuits - Gym -	12:30 Pilates - Studio -	17:30 Kettlebells - Sports Hall -	17:30 Spin - Training Room -	18:30 Spin - Training Room -	18:30 Vinyasa Yoga - Studio -	19:30 Slow Stretch Yoga - Studio -	19:30 Spin - Training Room -
Wed			12:30 Body Balance Les Mills™ - Studio -	17:30 Body Pump Les Mills™ - Studio -	17:30 Spin - Training Room -	18:30 Circuits - Sports Hall -	18:30 Aqua Zumba - Pool -	18:30 Yoga - Studio -	19:30 Spin - Training Room -
Thurs			12:30 Pilates - Studio -	17:45 Kettlebells - Sports Hall -	18:00 Vinyasa Yoga - Studio -	18:30 Spin - Training Room -	18:30 Zumba - Studio -	19:00 Slow Stretch Yoga - Studio -	
Fri				17:30 Vibe Power - Studio -	18:15 Vibe Step - Studio -	18:30 Get into Kickboxing -Sports Hall-			
Sat	09:00 Vibe Cycle - Training Room -	09:30 Yoga - Studio -	10:20 Yoga - Studio -	11:00 Get into Kickboxing -Sports Hall-					
Sun	09:00 Vibe Cycle - Training Room -	11:30 Dynamic Yoga - Studio -	12:30 Slow Stretch Yoga - Studio -						

High Intensity focusing on cardio fitness and stamina.

Low to Medium Intensity focusing on wellbeing, balance, stretching and toning.

**LES MILLS™**  
Mixing the hottest music with cutting-edge exercise science, motivation and the energy of many, LES MILLS™ group fitness classes make you fall in love with fitness.

**Brookes Active** 'get into...' classes; Entry level classes open to all but also free for Brookes students with a Brookes Active 'get into...' membership.  
Contact reception for more information.

**Please note:** Timetable may be subject to change. Find latest class times and book via the Brookes Sport app or website.