

BROOKES SPORT HEADINGTON

FITNESS CLASS TIMETABLE SUMMER 2019

BROOKES
Sport

	07.00 - 12.00		12.00 - 17.00			17.00 - 21.00			
Mon	07:00 Vibe Power - Studio -		12:00 GRIT Les Mills™ -Studio-	12:00 Staff Yoga -Buckley (Chaplaincy)-	13:00 Pilates - Studio -	17:15 Spin - Studio -	18:00 Yoga - Studio -	18:00 Strength Class - Performance Gym -	
Tues	07:00 Vibe Cycle - Studio -		12:00 Body Pump Les Mills™ -Studio-		13:00 Body Balance Les Mills™ -Studio-	17:00 CrossFit - Studio -	18:00 Vibe Cycle - Studio -	19:00 Circuits - Sports Hall -	19:00 Zumba - Studio -
Wed			12:00 Student and Staff Yoga -Buckley (Chaplaincy)-			17:00 GRIT Les Mills™ -Studio-	17:45 Body Pump Les Mills™ -Studio-	18:00 Strength Class - Performance Gym -	18:45 Pilates - Studio -
Thurs			12:00 Pilates - Studio -			17:00 Zumba - Studio -	18:00 Body Conditioning - Studio -	19:00 Circuits -Sports Hall-	
Fri		07:45 Yoga - Studio -	12:00 CrossFit - Sports Hall -	12:30 Vibe Cycle - Studio -		18:00 HIIT - Studio -	19:00 Deep Stretch Yoga - Studio -	20:00 Vibe Cycle - Studio -	
Sat	10:00 Vibe Power - Studio -	11:00 Vibe D-Bands - Studio -		15:55 Yoga - Studio -	16:45 Yoga - Studio -				
Sun	10:00 Body Pump Les Mills™ -Studio-	11:00 Pilates - 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.

Classes focusing on Strength and conditioning. Classes take place at the Performance gym at the Fuller Building.

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



**KEEP
CALM
&
FOLLOW
THE RULES**

A NEW SYSTEM TO HELP EVERYONE ACCESS THEIR FAVOURITE BROOKES SPORT FITNESS & WELLBEING CLASSES

What is the Rule?

If you book a class and can't attend then you must cancel in advance of the class starting by calling the venues reception or emailing jointhegym@brookes.ac.uk or cancelling online (If you haven't already registered for Online Bookings then we recommend you contact reception for log in details).

What if I don't cancel?

If you don't cancel within 24hrs of your class then you will be charged adult price level. All monies will be passed on to our charitable partner. There are no changes to our member's terms and conditions.

How do I cancel?

You can cancel over the telephone (01865 484373), online (jointhegym@brookes.ac.uk) or in person. However if you are within the 24 hour limit you will not be able to cancel online.

Why is this being introduced?

After much customer feedback about people not being able to book and then classes not being full, we need an effective system in place to rectify this issue. This is to help our customers to be able to get to the activities that they want to do and not be left disappointed when they can't get into the session that they want.

What if I don't agree with a charge?

You can log a refund request if you feel that you have mitigating circumstances and would like to log an appeal. You can do this online via jointhegym@brookes.ac.uk or at the reception.