# Fitness Class Timetable Semester 2 2019

**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.

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

- **07:00** - 12.00
  - **Monday:** Vibe Cycle - Studio -
  - **Tuesday:** Spin - Studio -
  - **Wednesday:** GRIT - Studio -
  - **Thursday:** Pilates - Studio -
  - **Friday:** Body Pump - Studio -
  - **Saturday:** Body Pump - Studio -
  - **Sunday:** Body Pump - Studio -

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

- **12:00** - 17.00
  - **Monday:** Staff Yoga - Buckley (Chaplaincy)-
  - **Tuesday:** Body Pump - Studio -
  - **Wednesday:** Student and Staff Yoga - Buckley (Chaplaincy)-
  - **Thursday:** Get into Circuits - Studio -
  - **Friday:** Vibe Cycle - Studio -
  - **Saturday:** Vibe Cycle - Studio -
  - **Sunday:** Pilates - Studio -

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

- **17.00** - 21.00
  - **Monday:** Pilates - Studio -
  - **Tuesday:** Body Combat - Studio -
  - **Wednesday:** Body Pump - Studio -
  - **Thursday:** Body Combat - Studio -
  - **Friday:** HIIT - Studio -
  - **Saturday:** Deep Stretch Yoga - Studio -
  - **Sunday:** Pilates - Studio -

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

- **18.00** - 23.00
  - **Monday:** Strength Class - Performance Gym -
  - **Tuesday:** CrossFit - Studio -
  - **Wednesday:** Body Combat - Studio -
  - **Thursday:** Zumba - Studio -
  - **Friday:** Body Conditioning - Studio -
  - **Saturday:** Yoga - Studio -
  - **Sunday:** Yoga - Studio -

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

- **19.00** - 22.00
  - **Monday:** Get into Capoeira - Studio -
  - **Tuesday:** Get into DanceSport - Studio -
  - **Wednesday:** Pilates - Studio -
  - **Thursday:** Zumba - Studio -
  - **Friday:** Get into Partycise - Studio -
  - **Saturday:** Yoga - Studio -
  - **Sunday:** Yoga - Studio -

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

- **20.00** - 23.00
  - **Monday:** Get into Yoga - Studio -
  - **Tuesday:** Yoga - Studio -
  - **Wednesday:** Yoga - Studio -
  - **Thursday:** Yoga - Studio -
  - **Friday:** Yoga - Studio -
  - **Saturday:** Yoga - Studio -
  - **Sunday:** Yoga - Studio -

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**01865 484373 | headington.sport@brookes.ac.uk | Monday-Friday: 06.30-23.00 Saturday & Sunday: 09.00-22.00 | Last entry is 1 hour before close**
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.