# BROOKES SPORT HEADINTON
## FITNESS CLASS TIMETABLE SEMESTER 1 2018

<table>
<thead>
<tr>
<th></th>
<th>07.00 - 12.00</th>
<th>12.00 - 17.00</th>
<th>17.00 - 21.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>07:00 Vibe Cycle - Studio -</td>
<td>12:00 GRIT Les Mills™ -Studio-</td>
<td>18:00 Strength Class - Performance Gym -</td>
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<tr>
<td></td>
<td>07:45 Pilates - Studio -</td>
<td>12:00 Staff Yoga - Buckley (Chaplaincy) -</td>
<td>19:00 Get into Capoeira - Studio -</td>
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<tr>
<td></td>
<td>07:45 20/20 Class - Studio -</td>
<td>12:00 Body Pump Les Mills™ -Studio-</td>
<td>20:00 Get into DanceSport - Studio -</td>
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<td></td>
<td>07:00 Body Balance Les Mills™ -Studio-</td>
<td>12:00 Get into Circuits - Sports Hall -</td>
<td>18:00 Yoga - Studio -</td>
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<tr>
<td></td>
<td>07:45 Pilates - Studio -</td>
<td>12:45 Get into Kickboxing - Studio -</td>
<td>13:00 Pilates - Studio -</td>
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<tr>
<td></td>
<td>07:00 Body Combat Les Mills™ -Studio-</td>
<td>17:00 CrossFit - Studio -</td>
<td>13:15 Core &amp; Strength - Studio -</td>
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<td></td>
<td>12:00 Body Balance Les Mills™ -Studio-</td>
<td>17:00 Zumba - Studio -</td>
<td>18:00 Step - Studio -</td>
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<td></td>
<td>12:45 Get into Kickboxing - Studio -</td>
<td>18:00 Body Pump Les Mills™ -Studio-</td>
<td>19:00 Pilates - Studio -</td>
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<td></td>
<td>18:00 Strength Class - Performance Gym -</td>
<td>18:00 Body Combat Les Mills™ -Studio-</td>
<td>20:00 Vibe Cycle - Studio -</td>
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<tr>
<td></td>
<td>12:00 Get into Circuits - Studio -</td>
<td>18:00 Vibe Cycle - Studio -</td>
<td>19:00 Circuits - Sports Hall -</td>
</tr>
<tr>
<td></td>
<td>13:00 Pilates - Studio -</td>
<td>19:00 Circuits - Sports Hall -</td>
<td>19:00 Zumba - Studio -</td>
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<td>13:15 Core &amp; Strength - Studio -</td>
<td>19:00 Pilates - Studio -</td>
<td>19:00 Zumba - Studio -</td>
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<tr>
<td></td>
<td>15:55 Yoga - Studio -</td>
<td>18:00 Step - Studio -</td>
<td>20:00 Vibe Cycle - Studio -</td>
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<tr>
<td></td>
<td>16:45 Yoga - Studio -</td>
<td>19:00 Pilates - Studio -</td>
<td>20:00 Vibe Cycle - Studio -</td>
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</tbody>
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**Monday**
- **07:00 Vibe Cycle** - Studio -
- **12:00 GRIT Les Mills™** -Studio-
- **13:00 Pilates** - Studio -
- **17:15 Spin** - Studio -

**Tuesday**
- **07:00 Spin** - Studio -
- **07:45 Pilates** - Studio -
- **12:00 Body Pump Les Mills™** -Studio-
- **13:00 Body Balance Les Mills™** -Studio-
- **17:00 CrossFit** - Studio -

**Wednesday**
- **07:45 20/20 Class** - Studio -
- **12:00 Student and Staff Yoga** - Buckley (Chaplaincy) -
- **17:00 Body Combat Les Mills™** -Studio-
- **18:00 Body Pump Les Mills™** -Studio-

**Thursday**
- **07:00 Body Balance Les Mills™** -Studio-
- **12:00 Pilates** - Studio -
- **12:45 Get into Kickboxing** - Studio -
- **17:00 Zumba** - Studio -
- **18:00 Body Conditioning** - Studio -
- **19:00 Circuits** - Sports Hall -

**Friday**
- **07:00 GRIT Les Mills™** -Studio-
- **07:45 Yoga** - Studio -
- **12:30 Vibe Cycle** - Studio -
- **13:15 Core & Strength** - Studio -
- **18:00 Step** - Studio -
- **19:00 Pilates** - Studio -
- **20:00 Vibe Cycle** - Studio -

**Saturday**
- **11:00 Vibe D-Bands** - Studio -
- **15:55 Yoga** - Studio -
- **16:45 Yoga** - Studio -

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

**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.
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.