

Brooke Park

Autumn Fitness Programme

(Effective from 5th September 2022)

Fitness Classes

Time	Class Name	Cost	Capacity	Room
Monday				
10:00am - 10:45am	AMRAP Circuits	£4.00	20	Studio
10:00am - 10:45am	Yoga	£4.00	20	Activity Room
8:00pm - 9:30pm	Badminton	£4.00	20	Main Hall
Tuesday				
10:00am - 10:45am	Strength & Conditioning	£4.00	20	Studio
Wednesday				
10:00am - 10:45am	Circuits	£4.00	20	Studio
12:30pm - 1:15pm	Yoga	£4.00	20	Activity Room
6:00pm - 8:00pm	Disco Dancing	£4.00	25	Activity Room
7:15pm - 8:00pm	HIIT Session	£4.00	20	Studio
Thursday				
10:00am - 10:45am	Spin Circuits	£4.00	12	Studio
7:00pm - 7:45pm	Yoga	£4.00	20	Activity Room
Friday				
10:00am - 10:45am	Boxercise	£4.00	20	Studio
10:00am - 10:45am	Yoga	£4.00	20	Activity Room
Saturday				
10:00am - 10:45am	Circuits	£4.00	20	Studio