



**Class Membership £26pm | 45 min PAYG £6 | 30 min PAYG £4 | class recordings available for 24 hrs**

<p><b>MONDAY</b></p> <p>Barbell BodySculpt 6.45pm-7.30pm (45 mins)</p> <p>Kettlebell Blast 7.40pm-8.10pm (30mins)</p>	<p><b>TUESDAY</b></p>	<p><b>WEDNESDAY</b></p> <p>Legs, Bums &amp; Tums 6.45pm-7.30pm (45 mins)</p> <p>HiitBlast 7.40pm-8.10pm (30mins)</p>	<p><b>THURSDAY</b></p>
<p><b>FRIDAY</b></p> <p>HardCore HiitBlast 5.30pm-6.15pm (45 mins)</p>	<p><b>SATURDAY</b></p>	<p><b>SUNDAY</b></p> <p>Sweat the Sins 10am-10.45am (45 mins)</p>	<p><b>INFO &amp; BOOKING</b></p> <p>Booking/payment for classes and purchase of class membership is via the GymCatch app. Download and search for Brooks Fitness: <a href="https://bit.ly/BrooksFitnessGymCatch">bit.ly/BrooksFitnessGymCatch</a></p>

All of the above classes will be delivered online via Zoom in lockdown times, from Sunday 3 Jan 21 until further notice and updates. All classes are to be booked and paid via the GymCatch app. You will be sent a Zoom meeting URL / link for each class upon booking. Recordings from each class will be available for 24 hours after the class. Before taking part in any classes you will be required to complete an online health questionnaire (PARQ). **WE CAN DO THIS WARRIORS!!**