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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **5-6.30pm Student Weightlifting Class**  (Free for Students with IAC Membership) **Coach: Shafiq Malik & Kristian McPhee** | **10-11.30am Weightlifting Club Supervised training (open to all)** (must have weightlifting club membership) **Coach: Kristian McPhee** | **1.30-3pm Beginner Student Weightlifting Class**  (Free for Students) – No IAC membership required **Coach: Kian Panjavi & Kristian McPhee** | **10-11.30am Weightlifting Club Supervised training (open to all)** (must have weightlifting club membership)  **Coach: Kristian McPhee** | **12-12:45pm CrossFit**  For staff & students  (Must pay IAC entry/membership AND Weightlifting Club Membership)  **Coach: Eleonora Calio** | **2-3.30pm Weightlifting Class (all abilities)** (Must pay IAC entry/membership AND Weightlifting Club Membership) **Coach: Mike Pearman & Kristian McPhee** |  |
| **6.30-8pm Supervised Training (all abilities)**  (Must pay IAC entry/membership AND Weightlifting Club Membership)  **Coach: Kristian McPhee** | **5-7pm Elite Squad**  (Invite only + must have weightlifting club membership)  **Coach: Mike Pearman** | **3pm-4.30 Student Intermediate Weightlifting Class**  (Free for Students with IAC Membership)  **Coach: Kian Panjavi & Kristian McPhee** | **5-7pm Elite Squad**  (Invite only + must have weightlifting club membership) **Coach: Ben Param** | **5-6.30 pm Student Weightlifting Class**  (Free for Students with IAC Membership) **Coach: Ben Param & Omar Keshta** |  |  |
|  | **7-8.30pm Supervised training**  (Must pay IAC entry/membership AND Weightlifting Club Membership)  **Coach: Shafiq Malik** | **7-8pm CrossFit**  For staff & students  (Must pay IAC entry/membership AND Weightlifting Club Membership  **Coach: Eleonora Calio** | **7-8.30pm Beginners Class/Course** (Must pay IAC entry/membership AND Weightlifting Club Membership)  **Coach: Sophie Bellamy** | **7-8.30pm Big Friday Open Training** (Unsupervised) |  |  |
| Orange = Student Club| Blue = Weightlifting Public Club | Green = CrossFit  ATTENDEES MUST SIGN UP VIA SCHEDULING APP FOUND VIA brunelweightlifting.com  Training outside of these times only requires IAC membership unless the area is also booked (e.g. externally) | | | | | | |

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| Membership Type | Standard (Open to all) | Student National Level | National Level (Qualified for English/British Seniors or relevant age group (excluding masters and student championships) |
| Student (this membership not required for the 3 dedicated student sessions) | -Monthly £23.50  - 6 Months £21.50  - 12 Months £18.00 | * Monthly £15 * 6 Months £13.50 * 12 Months £12.50 | * Yearly £90 * Monthly - £10 |
| Public | -Monthly £60  - 6 Months £49  - 12 Months £45 |  |
| Under 23 | -Monthly £47.50  - 6 Months £40  - 12 Months £37.50 |  |
| Under 18 | -Monthly £30  - 6 Months £25  - 12 Months £20 |  |

All memberships include: Exclusive Trainheroic online program app, unlimited classes (with coaching) and coaching at competitions (where the team go).