

CLASSES

ALL CLASSES @EASTBOURNE SPORTS CENTRE AND ARE BOOKABLE ONLINE

12 JUNE- 24 SEPTEMBER 2023

Monday

11:00 - 12:00	PILATES
17:30 - 18:15	SPIN
17:30 - 18:15	HIIT
18:00 - 19:00	YOGA
18:00 - 18:45	AQUA AEROBIC
18:20 - 18:50	AB ATTACK
19:00 - 19:45	SPIN
19:05 - 20:05	YOGA

Tuesday

13:00 - 13:45	PILATES
17:45 - 18:30	SPIN
18:35 - 19:05	AB ATTACK
19:10 - 20:10	YOGA

Wednesday

10:00 - 11:00	YOGA MIXED ABILITY
11:00 - 12:00	PILATES
17:00 - 17:30	AB ATTACK
17:30 - 18:15	HIIT
18:00 - 18:45	SPIN
18:20 - 19:05	PILATES
19:05 - 19:50	YOGA

Thursday

07:45 - 08:30	SPIN
17:10 - 17:55	SPIN
18:00 - 18:45	BODY BLITZ
19:00 - 20:00	YOGA

Friday

08:00 - 08:45	YOGA
18:00 - 19:00	PILATES

Saturday

09:00 - 09:45	BODY CONDITIONING
10:00 - 10:45	SPIN
10:15 - 11:00	AQUA AEROBICS
11:15 - 12:00	PILATES

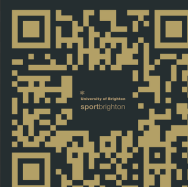
Sunday

09:30 - 10:15	SPIN
10:15 - 10:45	AB ATTACK

Timetable subject to change. See live online timetable in advance of sessions for latest slots & changes.

Non attendance or cancelling within three hours of your session will result in the standard non member charge for that activity being applied to your membership.

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