

Class Guide

Ab Attack

A short and sharp class focusing on strengthening and toning your stomach muscles. The class is short enough to fit in the busiest of schedules

Aqua Aerobics

Perform aerobic and toning exercises to music in waist high water but without the need to be able to swim. Great for all abilities and people with sporting injuries!

Body Max

Weight training set to music. Body Max will increase your muscle strength, endurance and fitness. This instructor led class will work every part of your body and you will look and feel great for it!

Circuits

60 minutes of alternating intervals of high intensity work with low-moderate recovery intervals builds lean muscle mass and loses any excess weight. This class will burn a large amount of calories and is the ideal workout for a busy schedule!

Kettle Bells

This 45 minute class will give fast results for strength, endurance and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movements.

Legs, Bums and Tums (LBT)

An aerobic workout to music using step platforms to increase intensity. Great for overall fitness and lower body toning.

Pilates

Centred around a range of exercises which are designated to strengthen, tone, stretch and encourage proper breathing and facilitate good posture.

Power yoga

Power yoga is an active and athletic style where classes move quickly through the poses and each pose is held for only three to five breaths. Power yoga has become popular in the Western world for its fitness-centric approach to yoga

Spin Biking

Fun cardio cycling workout set to great sound tracks which vary routines each week to keep your body guessing! Burn fat fast and target the bum and legs to leave you toned, tired and addicted for more!

Strength & Tone

A session focused on muscular strength, good body alignment and balance along with developing and strengthening key muscle groups - particularly abs and backs.

Swiss ball & Abs

Core conditioning class using the stability balls. Great for toning: abs, back & whole lower body area. This is a must for any one looking to tone the body quickly & effectively whilst at the same time enjoying some great relaxation techniques all in one class.

TRX

Harnesses your own body weight to create resistance as you train. Constant movement and quick transitions keep your heart rate up to burn calories. It's fun! Whatever your age or fitness levels, TRX will help you get stronger, train better, and reach your fitness goals.

Yoga

Good for mind body and spirit! Yoga will help improve posture, increase flexibility and help you cope with life's stresses. Suitable for all standards.

Zumba

Party yourself into shape with this easy to learn dance workout using specific beats, tempo and transition changes to a fusion of Latin and international music. Targets all muscle groups and guaranteed to put a smile on your face!

Centre Opening:

Monday - Friday - 07.30 - 22.00
Saturday & Sundays - 08.30 - 17.00

Christmas closure:
24th December- 1st January inclusive

Eastbourne Reception -
01273 643706 e.centre@brighton.ac.uk

CLASS & SWIM TIMETABLE

24 Sept 2018 - 01 Feb 2019



Book
classes
online



University of Brighton

sportbrighton

sport.brighton.ac.uk/classbooking

EASTBOURNE CLASS AND OPEN SWIM TIMETABLE

Please note the centre is closed from midday on Monday 24th December 2018 to Tuesday 1st January 2019 inclusive.

No classes or swims will take place on Monday 24th December 2018.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THE WEEKEND
PRE WORK/STUDY	Open Swim Pool 07.30 - 08.55	Spin Studio 07.45 - 08.30	Open Swim Pool 07.30 - 09.00		Open Swim Pool 07.30 - 08.55	
MORNING	Pilates Studio 10.00 - 11.00		Pilates (Advanced) Studio 09.00 - 10.00	Open Swim Pool 09.00 - 11.00		Strength & Tone Studio 09.00 - 09.45
	Pilates Studio 11.00 - 12.00		Pilates (Beginners) Studio 10.00 - 11.00	Yoga Studio 09.00 - 10.00		Swiss Ball & Abs Studio 09.45 - 10.30
			Pilates Studio 11.00 - 12.00			Pilates Studio 11.00 - 12.00
LUNCHTIME	Open Swim Pool 12.00 - 14.00	Pilates Studio 12.05 - 13.05	Open Swim Pool 12.00 - 14.00 <small>No session 19/12/18</small>	Spin Studio 12.35 - 13.20	Open Swim Pool 12.30 - 14.30	Open Swim Pool 13.00 - 15.00
	Spin Studio 13.05 - 13.50	Open Swim Pool 13.00 - 15.00	Power Yoga Gaudick Gym 12.30 - 13.30		Yoga Studio 12.35 - 13.20	
		Pilates Studio 13.05 - 13.50	Zumba Studio 12.35 - 13.20			
EVENING	Zumba College Gym 17.00 - 17.45	Spin Studio 17.30 - 18.15	Spin Studio 17.15 - 18.00	TRX College Gym 18.00 - 18.45	Pilates Studio 18.00 - 19.00	
	Spin Studio 17.15 - 18.00	Ab Attack Studio 18.15 - 18.45	LBT Studio 18.00 - 18.45	LBT Studio 18.15 - 19.00	Kettlebells Studio 19.00 - 19.45	
	Circuits College Gym 17.45 - 18.30	Pilates Studio 19.00 - 20.00	Yoga Studio 18.45 - 19.45	Ab Attack College 18.45 - 19.15	Yoga Studio 19.45 - 20.45	
	Aqua Pool 17.45 - 18.30	Pilates Studio 20.00 - 21.00	Body Max Gaudick Gym 20.00 - 21.00	Body Max Gaudick Gym 19.00 - 20.00	Open Swim Pool 20.00 - 21.30	
	Yoga Gaudick Gym 18.00 - 19.00	Open Swim Pool 20.00 - 21.30	Yoga Studio 20.00 - 21.00	Spin Studio 19.00 - 19.45		
	Spin Studio 18.00 - 18.45			Kettlebells Studio 19.45 - 20.30		
	Aqua Pool 18.30 - 19.15			Open Swim Pool 20.00 - 21.30		
	LBT College 19.00 - 19.45					
	Yoga Studio 19.00 - 20.00					
	Open Swim Pool 19.15 - 20.30					
	Yoga Studio 20.00 - 21.00					

- Open Swim
- Mind & Body
- Cardio & Strength

Membership & Conditions

Take out a Sport Brighton Membership to access all these sessions at no additional cost (unless stated).

Day pass	£7.00	
Student	£135 Annual	£13 per month
Staff	£170 Annual	£18 per month
Associate	£210 Annual	£21 per month
Community	£250 Annual	£23.50 per month

All prices correct up to 31/07/19

Students and staff can pay as you go for £3 per class or as stated.

External non-member classes are £5.50.

We recommend booking classes in advance. Members can book online 7 days in advance, non-members 48 hours in advance. Members cannot book concurrent like-for-like classes. Class users cannot book places on behalf of other users. Accessing another users online booking is forbidden and will lead to retraction of booking rights. Booking rights of members who consistently cancel reserved class places will be removed. A cancellation fee will be applied to all classes not attended. Additional exclusive sessions are available to our TOFF (The Over Fifty Fives) members. See separate leaflet for details.