

Class Guide

Aerobics

A combination of rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).

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!

HITT Bootcamp

Bootcamp with a conditioning twist! Full body, functional exercises done at high intensity, with short rest periods, guaranteed to get your heart rate going!"

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.

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.

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.

Centre Opening:

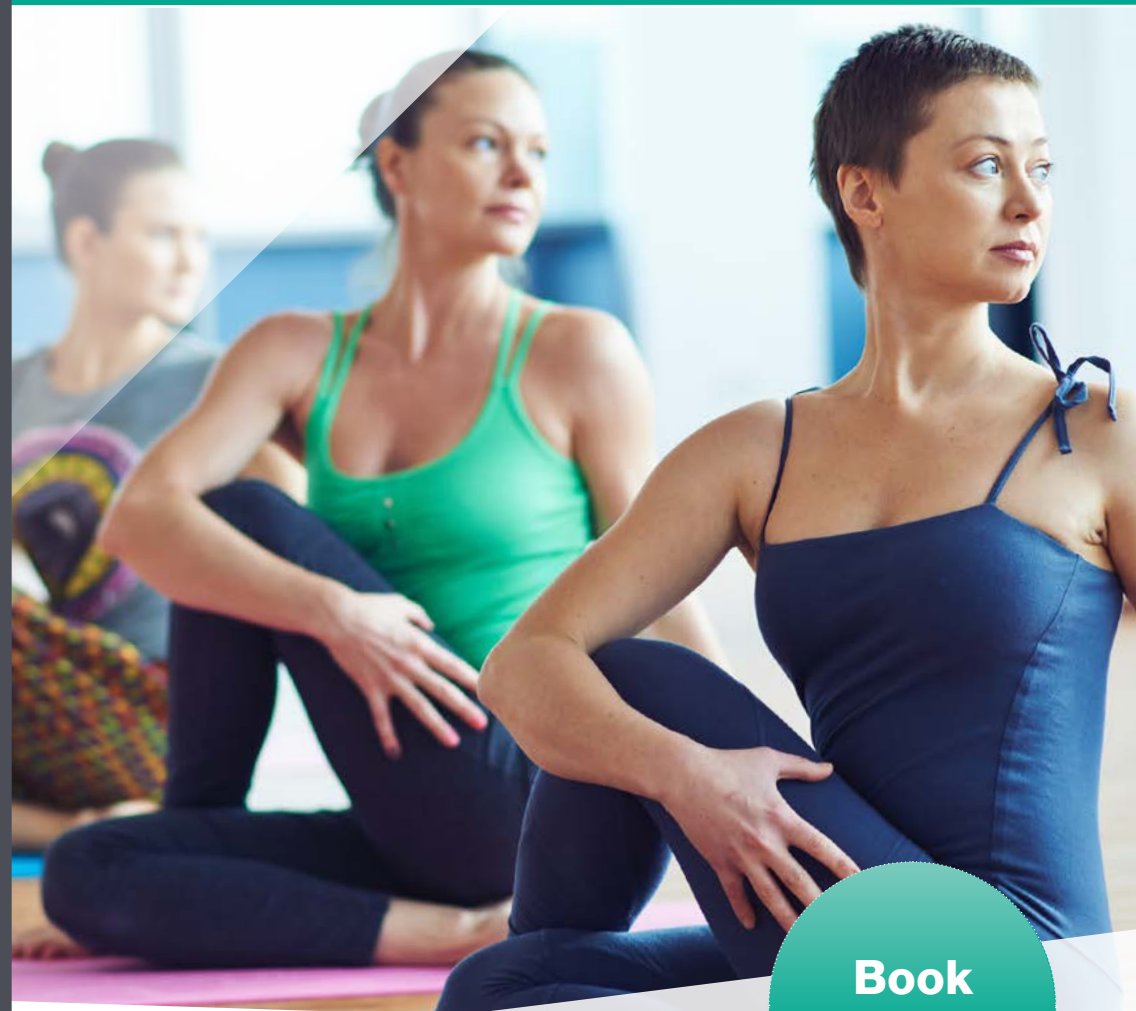
Monday - Friday - 07.30 - 22.00
Saturday & Sundays - 08.30 - 17.00
Bank Holidays - 08.30 - 17.00

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

CLASS & SWIM

EASTBOURNE

6 Feb - 7 Jun 2020



Book
online



University of Brighton

sportbrighton

sport.brighton.ac.uk/classes

EASTBOURNE CLASS & OPEN SWIM TIMETABLE

MORNING

MONDAY

Open Swim
Pool
07.30 - 08.55

Spin
Spin Studio
07.45 - 08.30

Pilates
Studio
10.00 - 11.00

Pilates
Studio
11.00 - 12.00

TUESDAY

Pilates
Studio
12.05 - 13.05

Open Swim
Pool
13.00 - 15.00

Pilates
Studio
13.05 - 13.50

WEDNESDAY

Open Swim
Pool
07.30 - 09.00

Pilates
Studio
09.00 - 10.00

Pilates
Studio
10.00 - 11.00

Pilates
Studio
11.00 - 12.00

THURSDAY

Spin
Spin Studio
07.45 - 08.30

Open Swim
Pool
09.00 - 11.00

Yoga
Studio
09.00 - 10.00

FRIDAY

Open Swim
Pool
07.30 - 08.55

Yoga
Gaudick
08.15 - 09.15

Aerobics
Studio
12.00 - 13.00

THE WEEKEND

SATURDAY

Strength & Tone
Studio
09.00 - 09.45

Swiss Ball & Abs
Studio
09.45 - 10.30

Spin
Spin Studio
10.00 - 11.00

Pilates
Studio
11.00 - 12.00

Open Swim
Pool
13.00 - 15.00

SUNDAY

Spin
Spin Studio
09.00 - 10.00

Body Max
Gaudick Gym
10.00 - 11.00

Open Swim
Pool
13.00 - 15.00

LUNCHTIME

Open Swim
Pool
12.00 - 14.00

Spin
Spin Studio
13.05 - 13.50

Pilates
Studio
12.05 - 13.05

Open Swim
Pool
13.00 - 15.00

Pilates
Studio
13.05 - 13.50

Open Swim
Pool
12.00 - 14.00

Yoga
Gaudick Gym
12.30 - 13.30

Spin
Spin Studio
12.35 - 13.20

HITT Bootcamp
Studio
17.00 - 17.45

HITT Bootcamp
Studio
17.45 - 18.30

LBT
Studio
18.30 - 19.15

Body Max
Gaudick Gym
19.00 - 20.00

Spin
Spin Studio
19.15 - 20.00

Yoga
Studio
19.20 - 20.20

Open Swim
Pool
20.00 - 21.30

Aerobics
Studio
12.00 - 13.00

Open Swim
Pool
13.00 - 15.00

Pilates
Studio
18.00 - 19.00

Spin
Spin Studio
18.45 - 19.30

Spin
Spin Studio
18.45 - 19.30

Kettlebells
Studio
19.00 - 19.45

Yoga
Studio
19.45 - 20.45

Open Swim
Pool
20.00 - 21.30

EVENING

Spin
Spin Studio
17.30 - 18.15

Aqua
Pool
17.45 - 18.30

Yoga
Gaudick Gym
18.00 - 19.00

Spin
Spin Studio
18.15 - 19.00

Aqua
Pool
18.30 - 19.15

LBT
Gaudick
19.00 - 19.45

Yoga
Studio
19.00 - 20.00

Open Swim
Pool
19.15 - 20.30

Yoga
Studio
20.00 - 21.00

Spin
Spin Studio
17.30 - 18.15

Ab Attack
Studio
18.15 - 18.45

Pilates
Studio
18.45 - 19.45

Pilates
Studio
19.45 - 20.45

Open Swim
Pool
20.00 - 21.30

Open Swim
Pool
20.00 - 21.30

Open Swim
Pool
20.00 - 21.30

Open Swim
Pool
20.00 - 21.30

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20.00 - 21.30

Open Swim
Pool
20.00 - 21.30

- Open Swim
- Mind & Body
- Cardio & Strength

Membership

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

Day pass	£7.00	
Student	£70 Six Month	£13.50 per month
Staff	£85 Six Month	£18.50 per month
Associate	£215 Annual	£21.50 per month
Community	£260 Annual	£24.00 per month

All prices correct up to 31/07/20

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

External non-member classes are £5.50.

The University of Brighton is a member of:



UNiversal
GYM MEMBERSHIP 2019-20

Access to over 70 university gyms in the UK for student & staff members.

Conditions & Closures

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 or cancelled within three hours of the class taking place.

Additional exclusive sessions are available to our TOFF (The Over Fifty Fives) members. See separate leaflet for details.

Classes are subject to change. Please see online booking for the latest availability and scheduled classes. Sport Brighton opens on bank holidays in line with weekend hours.

Book online

