

CLASSES



02 Jan 2020 - 03 Apr 2020*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Yoga ² 07.45 - 08.45	HITT ² 07.45 - 08.30	Yoga 07.45 - 08.45	Stretch & Tone ² 07.45 - 08.30	Gym Based Circuits ^G 07.45 - 08.30
			Ab Attack ² 08.00 - 08.30		Spin 07.45 - 08.30
LUNCHTIME CLASSES	Spin ² 12.05 - 12.50	Yoga ² 12.05 - 12.50	Spin ² 12.05 - 12.50	Strength & Tone 12.15 - 13.00	Spin ² 12.05 - 12.50
	Body Max ² 13.05 - 13.50	Ab Attack 12.15 - 13.00	Yoga 13.05 - 13.50	HITT Circuits ² 13.05 - 13.35	Spin 13.05 - 13.50
		Body Max 13.05 - 13.50	Yoga ² 13.05 - 13.50	Pilates 13.05 - 13.50	
	Spin* 13.05 - 13.50	Pilates ² 13.05 - 13.50		HITT Circuits ² 13.35 - 14.05	
	Spin 17.00 - 17.45	Pilates 17.15 - 18.00	Yogalates ¹ 17.00 - 18.00	Body Max ² 17.15 - 18.00	SATURDAY
Gym Based Circuits ^G 17.45 - 18.30	Power Yoga ¹ 17.30 - 18.30	Spin ² 17.15 - 18.00	Yoga ¹ 17.00 - 18.00	Boxfit ² 10.00 - 10.45	
Yoga Flow 18.00 - 19.00	Spin ² 18.00 - 18.45	Body Max 17.30 - 18.15	Yoga ¹ 18.00 - 19.00	Yoga ² 11.00 - 12.00	
Yoga ¹ 18.00 - 19.00	Zumba 18.00 - 18.45	Aerobics 18.30 - 19.15			
Zumba ² 18.30 - 19.15	Ab Attack ² 18.45 - 19.15	Zumba ² 19.00 - 19.45			

Cockcroft Falmer

Falmer studio 1 ¹

Falmer studio 2 ²

Falmer Gym ^G

*Due to exams no classes take place at Cockcroft Monday 13th January – Friday 24th January

Classes are included for full Sport Brighton Members. Non-member students and staff can pay as you go for £3 per class.

We recommend booking classes in advance. Members can book online 7 days in advance, non-members 48 hours in advance. 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.



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