

TIMETABLES

INTRODUCTORY TIMETABLE

A new timetable will be available from the 28th September once our academic requirements are fully known and we have been able to assess the demand and capacity levels of sessions.

GYM | Available from 03/08/20

ALL SESSIONS ARE ONE HOUR LONG

AVAILABLE SESSIONS	07.15	08.30	09.45	11.00	12.15	13.30	14.45	16.00	17.15	18.30	19.45	21.00
WEEKDAYS	■	■	■	■	■	■	■	■	■	■	■	■
WEEKENDS		■	■	■	■	■	■	■				

CLASSES | Available from 10/08/20

ALL SESSIONS ARE 45 MINUTES LONG
*EXCLUSIVE TO TOFF MEMBERS

MONDAY		THURSDAY	
08.45	*TOFF AEROBICS WITH CHLOE	07.45	SPIN WITH SARAH
10.00	PILATES WITH SIOUX	10.00	*TOFF ZUMBA WITH ROCHELLE
11.00	PILATES WITH SIOUX	11.00	*TOFF STRENGTH & TONE WITH MICHELLE
18.00	YOGA WITH LUCY	17.30	HIIT WITH KIERAN
19.00	LEGS, BUMS & TUMS WITH ANETT	18.30	LEGS, BUMS & TUMS WITH SARAH
19.15	SPIN WITH KIERAN	19.15	SPIN WITH SARAH
20.00	YOGA WITH TANYA	19.30	YOGA WITH LINZI
TUESDAY		FRIDAY	
09.00	*TOFF YOGA WITH OLGA	08.00	YOGA WITH LINZI
10.00	*TOFF ZUMBA WITH ROCHELLE	09.00	*TOFF YOGA WITH OLGA
11.00	*TOFF STRENGTH & TONE WITH ROCHELLE	10.00	*TOFF CORE & MORE WITH ROCHELLE
12.00	*TOFF SPIN WITH KARRIANNE	12.30	AEROBICS WITH CHLOE
13.00	PILATES WITH KARRIANNE	18.00	SPIN WITH SARAH
19.00	PILATES WITH SIOUX	19.15	PILATES WITH SIOUX
20.00	PILATES WITH SIOUX	20.15	YOGA WITH TANYA
WEDNESDAY		SATURDAY	
09.00	*TOFF YOGA WITH OLGA	09.00	STRENGTH & TONE WITH BECKY
10.00	PILATES WITH MICHELLE	10.00	SWISS BALL WITH BECKY
11.00	PILATES WITH ANDREA	11.00	PILATES WITH ANDREA
18.00	SPIN WITH LARA	SUNDAY	
19.45	YOGA WITH LUCY	09.00	SPIN WITH KARRIANNE
		10.00	BODY MAX WITH ANETTE

SWIM | Available from 17/08/20

ALL SESSIONS ARE 45 MINUTES LONG

DAY	OPEN SWIM	TOFF SWIM
MONDAY	07.30 12.15 13.15 19.00 19.45	10.30 11.15
TUESDAY	13.15 14.15 20.00 20.45	11.00 12.15
WEDNESDAY	07.30 08.15 12.15 13.15	10.00 11.00
THURSDAY	09.00 10.00 20.00 20.45	
FRIDAY	07.30 08.15 20.00 20.45	10.30 11.30
SATURDAY	13.15 14.15	11.00 12.15
SUNDAY	13.15 14.15	

Booking available online. Visit sport.brighton.ac.uk/book. All sessions subject to change, see live online bookings for availability. Members can book up to 7 days in advance. Non member University of Brighton students & staff can book classes and swim sessions 48 hours in advance. Please arrive five minutes before your activity and no later than five minutes past the session start. Non attendance, arriving outside these times 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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