

MEMBERSHIP & TIMETABLES



MEMBERSHIP

INCLUDES GYM, CLASSES, OPEN SWIM & UNIVERSAL GYM ACCESS

STUDENT		STAFF		MEMBER PERKS <ul style="list-style-type: none"> PRIORITY BOOKING: BOOK YOUR CLASS, SWIM & GYM SESSIONS ON OUR ONLINE BOOKING SYSTEM 7 DAYS IN ADVANCE. MEMBER ONLY GYM ACCESS. PRIORITY BOOKING AND MEMBER RATES FOR CASUAL FACILITY HIRE. UNIVERSAL GYM ACCESS GIVES YOU ACCESS TO OVER 100 UNIVERSITY GYMS ACROSS THE UK FOR NO ADDITIONAL COST. SEE BUCS.ORG.UK/UNIVERSALGYM. (STUDENT & STAFF CATEGORIES ONLY) <p>ASSOCIATE CRITERIA: UoB STUDENT OR STAFF PARTNER / UoB GRADUATE OR GRADUATE PARTNER/ OVER 55s (TOFF)/ STUDENT IN HIGHER EDUCATION.</p>
£13.50*	OR	£18.50*	OR	
PER MONTH		PER MONTH		
£140		£175		
ACADEMIC YEAR		PER YEAR		
ASSOCIATE		COMMUNITY		
£21.50*	OR	£24.00*	OR	
PER MONTH		PER MONTH		
£215		£260		
PER YEAR		PER YEAR		

IN THE EVENT OF CLOSURE DUE TO COVID-19 FOR 8 DAYS OR MORE WE WILL AUTOMATICALLY ADJUST YOUR MEMBERSHIP EITHER AS A REDUCTION IN YOUR NEXT MONTHLY PAYMENT OR AN EXTENSION OF YOUR EXPIRY DATE.

*£21 ADMINISTRATION FEE IS REQUIRED FOR DIRECT DEBIT PAYMENT SET UP. NO CONTRACT, CANCEL WHEN YOU WANT.

GYM TIMETABLE 2020

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		■	■	■	■	■	■	■				

SWIM TIMETABLE 2020

ALL SESSIONS ARE 45 MINUTES LONG

DAY	OPEN SWIM	TOFF SWIM
MONDAY	07.30 08.15 19.00 20.00	
TUESDAY	20.00 20.45	11.15 12.00
WEDNESDAY	07.30 08.15 12.00 12.45	10.00 10.45
THURSDAY	11.15 12.00 20.00 20.45	09.00 10.00
FRIDAY	07.30 08.15 20.00 20.45	11.15 12.00
SATURDAY	13.00 13.45	11.15 12.00
SUNDAY	13.00 13.45	

NON MEMBERS CAN BOOK UP TO 48 HOURS IN ADVANCE AND PAY AS YOU GO. MEMBERS HAVE CLASSES INCLUDED IN THEIR MEMBERSHIP AND CAN BOOK 7 DAYS IN ADVANCE.

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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CLASS TIMETABLE



CLASSES

ALL SESSIONS ARE 45 MINUTES LONG AT THE FALMER SPORTS CENTRE
SEE SPORT.BRIGHTON.AC.UK/BOOK FOR LIVE AVAILABILITY, CHANGES & BOOKING

28TH SEPTEMBER - 24TH DECEMBER 2020 | TIMETABLE

MONDAY	
08:45	TOFF AEROBICS WITH CHLOE
09:45	TOFF AEROBICS WITH CHLOE
10:00	PILATES WITH SIOUX
11:00	PILATES WITH SIOUX
18:00	YOGA WITH LUCY
18:00	SPIN WITH KIERAN
18:00	AQUA AEROBICS WITH KARIANNE
19:00	LBT WITH ANETT
19:15	SPIN WITH KIERAN
20:00	YOGA WITH TANYA
TUESDAY	
09:00	TOFF YOGA WITH OLGA
09:00	TOFF AQUA AEROBICS WITH KARIANNE
09:45	TOFF AQUA AEROBICS WITH KARIANNE
10:00	TOFF ZUMBA WITH ROCHELLE
11:00	TOFF STRENGTH AND TONE WITH ROCHELLE
12:00	TOFF SPIN WITH KARIANNE
13:00	PILATES WITH KARIANNE
17:30	SPIN WITH LARA
18:30	AB ATTACK WITH LARA
19:00	PILATES WITH SIOUX
WEDNESDAY	
09:00	TOFF YOGA WITH OLGA
10:00	PILATES WITH MICHELLE
11:00	PILATES WITH ANDREA
18:00	SPIN WITH KARIANNE
19:45	YOGA WITH LUCY

THURSDAY	
07:45	SPIN WITH SARAH
10:00	TOFF ZUMBA WITH ROCHELLE
11:00	STRENGTH AND TONE WITH MICHELLE
17:30	HIIT WITH KIERAN
18:30	LBT WITH SARAH
19:15	SPIN WITH SARAH
19:30	YOGA WITH TANYA
FRIDAY	
08:00	YOGA WITH LINZI
09:00	YOGA WITH OLGA
10:00	TOFF CORE & MORE WITH ROCHELLE
12:30	AEROBICS WITH CHLOE
18:00	SPIN WITH SIOUX
19:15	PILATES WITH SIOUX
20:15	YOGA WITH TANYA
SATURDAY	
09:00	STRENGTH & TONE WITH BECKY
10:00	SWISS BALL WITH BECKY
11:00	PILATES WITH ANDREA
SUNDAY	
09:00	SPIN WITH KARIANNE
10:00	BODY MAX WITH ANETT

NON MEMBER STUDENT & STAFF CAN BOOK UP TO 48 HOURS IN ADVANCE AND PAY AS YOU GO FOR £3.
MEMBERS HAVE CLASSES INCLUDED IN THEIR MEMBERSHIP AND CAN BOOK 7 DAYS IN ADVANCE.

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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. Members can only book 8 sessions per week across all bookable activities.



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