



# PARKLIFE

*play your way*

[www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)

## HASTINGS

### Activity Timetable

*8th January - 23rd March 2018*

Here you will find the weekly timetable of Parklife activities for Hastings this term. Most sessions you can just turn-up and play any week throughout term. Full details and further information of all activities can be found at [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk).



**University of Brighton**

**sportbrighton**



**BRIGHTON**  
STUDENTS' UNION

## MONDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### Legs, Bums and Tums

STATION PLAZA GYM,  
SUSSEX COAST COLLEGE  
**12.45 - 13.15**

External Session  
Free Gym Members,  
£3 Non-Gym Members

### Dance with Karina

PRIORY SQUARE  
CREATIVTY SUITE  
**16.30 - 17.30**

## WEDNESDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### BMX/Skate

THE SOURCE PARK  
**14.00 - 18.00**

### Badminton

SUMMERFIELDS LEISURE CENTRE  
**15.00 - 16.00**

### Circuits

STATION PLAZA GYM,  
SUSSEX COAST COLLEGE  
**18.00 - 19.00**

External Session  
Fee Gym Members,  
£3 Non-Gym Members

## FRIDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### Football

SUMMERFIELDS LEISURE CENTRE  
**17.30 - 18.30**

### Boxing

STATION PLAZA GYM,  
SUSSEX COAST COLLEGE  
**18.00 - 19.00**

External Session  
Free Gym Members,  
£3 Non-Gym Members

## TUESDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### Glutes, Abs and Legs

STATION PLAZA GYM,  
SUSSEX COAST COLLEGE  
**18.00 - 19.00**

External Session  
Free Gym Members,  
£3 Non-Gym Members

### Netball (with Hastings Hellbent)

SUMMERFIELDS LEISURE CENTRE  
**19.00 - 20.00**  
External Club Session (£3)

## THURSDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

## SATURDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

## SUNDAY

### Swimming

SUMMERFIELDS LEISURE CENTRE

**For latest swim times**  
See [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)

### Cardio Circuits

STATION PLAZA GYM,  
SUSSEX COAST COLLEGE  
**11.00 - 12.00**

External Session  
Free Gym Members,  
£3 Non-Gym Members

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\* All sessions are £1 unless stated.



We recommend booking these sessions online at [parklifeplay.co.uk](http://parklifeplay.co.uk)