

Falmer & Cockcroft

Class Timetable



Falmer 08 January, Cockcroft 29 January - 23 March 2018

**Exclusions - 8th Jan to 29th Jan, inclusive. (Exams)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 12.05 - 12.50 <i>Term time only</i>	Spin 07.45 - 08.30 <i>Term time only**</i>	Spin 12.05 - 12.50	Body Max 12.05 - 12.50	Spin 07.45 - 08.30 <i>Term time only</i>	Zumba strong 10.00 - 11.00 <i>Term time only</i>
Yogalates 13.05 - 13.50 <i>Term time only</i>	Pilates 13.05 - 13.50 <i>Term time only</i>	Yoga 13.05 - 13.50 <i>Term time only**</i>	Medau Dance 12.15 - 13.00 <i>Term time only**</i>	Spin 12.05 - 12.50 <i>Term time only</i>	Yoga 11.00 - 12.00 <i>Term time only</i>
HIIT 13.05 - 13.50	Body Max 13.05 - 13.50 <i>Term time only**</i>	Body Max 16.05 - 16.50 <i>Term time only</i>	Spin 13.05 - 13.50 <i>Term time only**</i>	Spin 13.05 - 13.50 <i>Term time only**</i>	
Spin 17.00 - 17.45	Zumba 17.00 - 18.00 <i>Term time only**</i>	Yogalates 17.00 - 18.00 <i>Term time only</i>	Aerobics 17.15 - 18.00 <i>Term time only</i>	Pole 18.00 - 19.00 <i>Term time only. Extra £3 charge</i>	
Circuits 17.15 - 18.00 <i>Term time only</i>	Power Yoga 17.30 - 18.30 <i>Term time only</i>	Spin 17.15 - 18.00 <i>Term time only</i>	Ab Attack 17.30 - 18.00 <i>Term time only</i>		
Yoga 18.00 - 19.00 <i>Term time only**</i>	<i>Power Yoga 'Build Strength, stamina & balance in a power packed hour with a sequence of flowing yoga poses that build heat and torch calories. Mindful focus on movement and breath can also alleviate stress & anxiety'</i>	Body Max 17.30 - 18.15 <i>Term time only**</i>	Yoga 18.00 - 19.00 <i>Term time only</i>		
Pole 18.30 - 19.30 <i>Term time only. Extra £3 charge</i>	Spin 18.00 - 19.00 <i>Term time only</i>	Aerobics 18.30 - 19.30 <i>Term time only**</i>	Pound 18.00 - 19.00 <i>Term time only</i>		
Zumba 19.00 - 20.00 <i>Term time only</i>	Pilates 18.00 - 19.00 <i>Term time only**</i>	Zumba Step 19.00 - 20.00 <i>Term time only</i>	Boxing Fitness 18.00 - 19.00 <i>Term time only**</i>		
Clubbercise 19.15 - 20.00 <i>Term time only**</i>	Kettlebells 18.30 - 19.30 <i>Term time only</i>				
	Ab Attack 19.00 - 19.30 <i>Term time only</i>				

- Cockcroft ●
- Falmer ●
- Falmer studio 1 1
- Falmer studio 2 2
- Parklife Class* P



Membership

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

Student	£130 Annual	£12.50 per month
Staff	£165 Annual	£17.50 per month
Associate	£200 Annual	£20 per month
Community	£240 Annual	£22.50 per month

*Parklife classes are £1 for non-members

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**Book
classes
online**



Students and staff can pay as you go for £2.75 per session or as stated. We recommend booking classes in advance. Members can book online 7 days in advance, non-members 48 hours in advance. www.brighton.ac.uk/sport

sport.brighton.ac.uk/classbooking