

Ab Attack

Cardiovascular and core stability focusing on the back, stomach and core aiming to improve posture and define those abs.

Aqua Aerobics

Perform aerobic and toning exercises to music in waist high water but without the need to be able to swim. Great for all abilities and people with sporting injuries!

Body Max

Weight training set to music. Body Max will increase your muscle strength, endurance and fitness. This instructor led class will work every part of your body and you will look and feel great for it!

Circuits

60 minutes of alternating intervals of high intensity work with low-moderate recovery intervals builds lean muscle mass and loses any excess weight. This class will burn a large amount of calories and is the ideal workout for a busy schedule!

Kettlebells

Increase your strength, power, endurance and overall fitness whilst blitzing body fat to leave you toned and in great shape! You'll be burning calories in a fun and highly enjoyable class and your muscles will feel it for days after!

Legs, Bums and Tums (LBT)

An aerobic workout to music using step platforms to increase intensity. Great for overall fitness and lower body toning.

Pilates

Centred around a range of exercises which are designated to strengthen, tone, stretch and encourage proper breathing and facilitate good posture.

Pole Fitness

An exciting body workout class aimed at increasing flexibility, improving posture, shaping the waist line and toning thighs.

Spin Biking

Fun cardio cycling workout set to great sound tracks which vary routines each week to keep your body guessing! Burn fat fast and target the bum and legs to leave you toned, tired and addicted for more!

Strength & Tone

A session focused on muscular strength, good body alignment and balance along with developing and strengthening key muscle groups - particularly abs and backs.

Swiss ball & Abs

Core conditioning class using the stability balls. Great for toning: abs, back & whole lower body area. This is a must for any one looking to tone the body quickly & effectively whilst at the same time enjoying some great relaxation techniques all in one class.

TRX

Harnesses your own body weight to create resistance as you train. Constant movement and quick transitions keep your heart rate up to burn calories. It's fun! Whatever your age or fitness levels, TRX will help you get stronger, train better, and reach your fitness goals.

Yoga

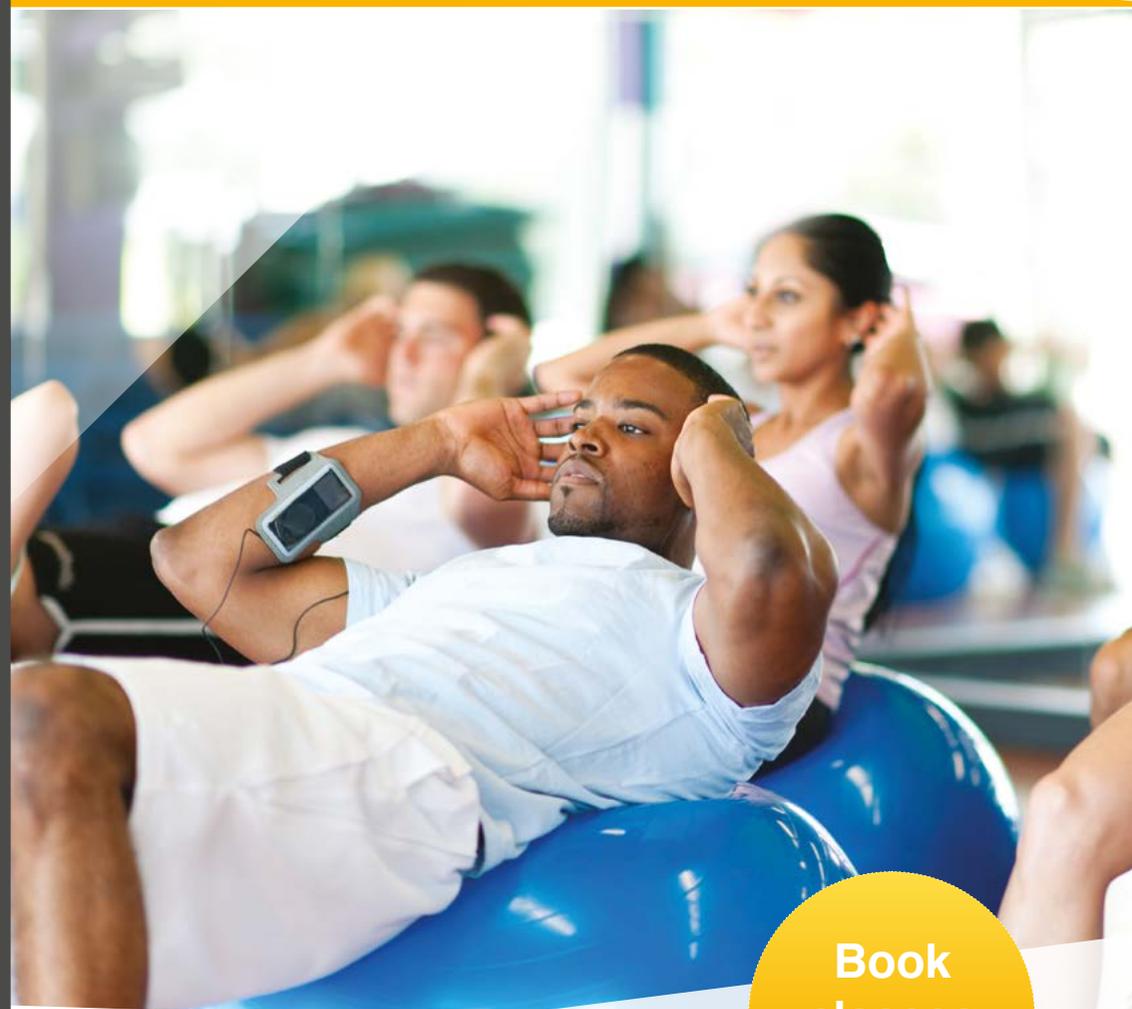
Good for mind body and spirit! Yoga will help improve posture, increase flexibility and help you cope with life's stresses. Suitable for all standards.

Zumba

Party yourself into shape with this easy to learn dance workout using specific beats, tempo and transition changes to a fusion of Latin and international music. Targets all muscle groups and guaranteed to put a smile on your face!

CLASS & SWIM TIMETABLE

Sept 25 2017 - Feb 4 2018



Book
classes
online



University of Brighton

sportbrighton

sport.brighton.ac.uk/classbooking

EASTBOURNE CLASS AND OPEN SWIM TIMETABLE

Facility closed - No classes or swim during Christmas break from 23/12/2017 up to and including 01/01/2018

MONDAY*	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Swim Pool 07.30 - 09.00	Spin Studio 07.45 - 08.30	Open Swim Pool 07.30 - 09.00	Spin Studio 12.35 - 13.20	Open Swim Pool 07.30 - 09.00	Strength & Tone Studio 09.00 - 10.00
Pilates Studio 10.00 - 11.00	Open Swim Pool 09.00 - 11.00	Pilates Studio 09.00 - 10.00	Open Swim Pool 13.00 - 15.00	Yoga Studio 11.00 - 12.00	Swiss Ball & Abs Studio 10.00 - 11.00
Open Swim Pool 12.00 - 14.00	Pilates Studio 13.05 - 13.50	Pilates Studio 10.00 - 11.00	Body Max Studio 18.15 - 19.15	Yoga Studio 12.35 - 13.20	Open Swim Pool 13.00 - 15.00
Pilates Studio 11.00 - 12.00	Spin Studio 17.30 - 18.15	Open Swim* Pool 12.00 - 14.00	Spin Studio 19.15 - 20.00	Pilates Studio 18.00 - 19.00	
Spin Studio 13.05 - 13.50	Ab Attack Studio 18.15 - 18.45 <i>Term time only</i>	Zumba Studio 12.35 - 13.20	TRX College Gym 18.00 - 19.00 <i>Term time only</i>	Yoga Studio 19.00 - 20.00	SUNDAY
Zumba College Gym 17.00 - 18.00	Pilates Studio 19.00 - 20.00	Spin Studio 17.15 - 18.00	Ab Attack Gaudick Gym 19.00 19.30 <i>Term time only</i>	Open Swim Pool 20.00 - 21.30	Spin Studio 09.00 - 10.00
Circuits Gaudick Gym 18.00 - 19.00	Kettlebells Studio 20.00 - 21.00	LBT Studio 18.00 - 19.00	Kettlebells Studio 20.00 - 21.00 <i>Term time only</i>	Open Swim Pool 20.00 - 21.30	Body Max Studio 10.00 - 11.00
Yoga College Gym 18.00 - 19.00	Open Swim Pool 20.00 - 21.30	Yoga Studio 19.00 - 20.00	Open Swim Pool 20.00 - 21.30	Open Swim Pool 20.00 - 21.30	Strength & Tone Studio 11.00 - 12.00
Aqua Pool 18.00 - 19.00		Yoga Gaudick 20.00 - 21.00			Open Swim Pool 13.00 - 15.00
Spin Studio 18.00 - 19.00		Pole Studio 20.15 - 21.15 <i>Term Time Only Extra £3 Charge</i>			
LBT Studio 19.00 - 20.00					
Open Swim Pool 19.00 - 20.30					
Yoga Studio 20.00 - 21.00					

*Pool Changes
06/12/17
12.00-13.00 & 14.00 -15.00
20/12/17 no swim.
10/01/18
12.00-13.00 & 14.00-15.00

- Open Swim
- Mind & Body
- Cardio & Strength

Membership

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

Day pass	£7.00
Student	£130 Annual
Staff	£165 Annual
Associate	£200 Annual
Community	£240 Annual

	£12.50 per month
	£17.50 per month
	£20 per month
	£22.50 per month