

CLASSES

SUMMER 2024 TIMETABLE

CLASSES @ MOULSECOOMB GYM & FITNESS

MONDAY

18:30 - Body Max
20:00 - Evening Yoga

TUESDAY

17:30 - Full Body Burn
18:20 - Pilates

WEDNESDAY

12:10 - Flow Yoga

18:30 - Body Max
20:00 - Evening Yoga

THURSDAY

17:30 - Box Fit
20:00 - Evening Yoga

FRIDAY

12:10 - Pilates

18:30 - Zumba

WEEKENDS

SUNDAY
10:00 - Morning Yoga

COMING SOON: WEEKLY MEMBER RUN CLUB.
SIGN UP YOUR INTEREST HERE:



CLASSES @ FALMER SPORTS CENTRE

MONDAY

18:30 - Zumba

WEDNESDAY

18:30 - Pilates

THURSDAY

17:30 - Spin FreeBeat
18:30 - Evening Yoga

WEEKENDS

SATURDAY
10:00 - Morning Yoga

SUNDAY
09:00 - Yoga Flow

INCLUDED IN MEMBERSHIP | £3.30 FOR STUDENTS & STAFF | £6 ALL OTHERS



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SPORT BRIGHTON APP

