

CLASSES

ALL CLASSES @EASTBOURNE SPORTS CENTRE AND ARE BOOKABLE ONLINE

15 APRIL - 31 JULY 24

Monday

11:00	PILATES
17:30	HIIT
17:30	SPIN
18:20	AB ATTACK
19:00	SPIN
19:05	YOGA
19:50	BODY BLITZ

Tuesday

12:50	PILATES
17:45	SPIN
18:35	AB ATTACK
19:10	YOGA

Wednesday

10:00	YOGA MIXED ABILITY
11:00	PILATES
17:00	AB ATTACK
17:35	SPIN
18:20	PILATES
19:10	YOGA

Thursday

17:10	BODY BLITZ
18:00	SPIN
19:00	YOGA

Friday

08:00	YOGA
18:00	PILATES

Saturday

09:00	BODY CONDITIONING
10:00	SPIN
11:00	PILATES

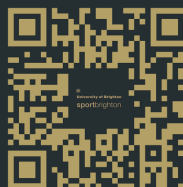
Sunday

09:30	SPIN
10:20	AB ATTACK

Timetable subject to change. See live online timetable in advance of sessions for latest slots & changes.

Non attendance 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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