

CLASSES

ALL CLASSES @FALMER SPORTS CENTRE AND ARE BOOKABLE ONLINE

Monday

17:30 - 18:15 BODY MAX WITH ADRIAN
18:30 - 19:15 ZUMBA WITH ORLANDO

Tuesday

11:30 - 12:30 PILATES WITH SANDY
18:00 - 18:45 SPIN WITH HARRISON
18:45 - 19:15 AB ATTACK WITH HARRISON

Wednesday

13:05 - 13:50 YOGA 45 WITH OLIVIA
17:15 - 18:00 PILATES WITH SASHA

Thursday

17:00 - 17:45 SPIN WITH SARAH
18:00 - 19:00 YOGA 60 WITH CLARE

Friday

12:05 - 12:50 SPIN WITH BRYAN

Saturday

10:15 - 11:15 YOGA 60 WITH CLARE
11:15 - 12:00 HOOP FIT WITH CLARE

Sunday

08:45- 09:30 YOGA 45 WITH SANDY

sport.brighton.ac.uk/book

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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