

**CLASSES @ MOULSECOOMB****MONDAY**

07:40 - Full Body Burn  
08:15 - Core Conditioning

12:10 - Pilates

17:30 - Core Conditioning  
18:30 - Body Max  
20:00 - Evening Yoga

**TUESDAY**

07:40 - Spin Peak  
08:15 - Body Max  
09:00 - Flow Yoga

12:10 - Strong Yoga

17:30 - Full Body Burn  
18:20 - Pilates  
19:10 - Pilates

**WEDNESDAY**

07:40 - Core & Functional  
08:15 - Spin FreeBeat

12:10 - Flow Yoga

17:30 - Spin Peak  
18:30 - Body Max  
20:00 - Evening Yoga

**THURSDAY**

07:40 - Spin Peak  
08:15 - Body Max

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

**FRIDAY**

07:40 - Full Body Burn  
08:15 - Spin Peak

12:10 - Pilates

17:30 - Core & Functional  
18:30 - Zumba

**WEEKENDS****SATURDAY**

08:30 - Core Conditioning  
09:05 - Body Max

**SUNDAY**

08:30 - Full Body Burn  
09:05 - Spin Peak  
10:00 - Morning Yoga

**CLASSES @ FALMER****MONDAY**

12:10 - Spin FreeBeat

17:30 - Full Body Burn  
18:30 - Zumba

**TUESDAY**

12:10 - Body Max

17:30 - Spin FreeBeat  
18:30 - Core & Functional

**WEDNESDAY**

12:10 - Spin FreeBeat

17:30 - Body Max  
18:30 - Pilates

**THURSDAY**

12:10 - Strong Yoga

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

**FRIDAY**

12:10 - Spin FreeBeat

**WEEKENDS****SATURDAY**

10:05 - Morning Yoga  
11:10 - Hoop Dance

**SUNDAY**

08:45 - Yoga Flow

SEE LIVE BOOKINGS AND TIMETABLE FOR CHANGES:  
[SPORT.BRIGHTON.AC.UK/CLASSES](http://SPORT.BRIGHTON.AC.UK/CLASSES)

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

