

CLASS TIMETABLE



University of Brighton

sportbrighton

CLASSES

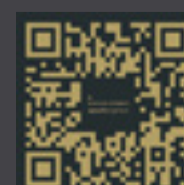
ALL SESSIONS ARE 45 MINUTES LONG AT THE EASTBOURNE SPORTS CENTRE
SEE SPORT.BRIGHTON.AC.UK/BOOK FOR LIVE AVAILABILITY, CHANGES & BOOKING

17TH MAY - 24TH SEPTEMBER 2021 | TIMETABLE

MONDAY	
11.00	PILATES WITH SIOUX
18.00	YOGA WITH LUCY
18.00	AQUA AEROBICS WITH KARIANNE
18.15	SPIN WITH HARRISON
19.00	LEGS, BUMS & TUMS WITH ANDREA
19.15	SPIN WITH HARRISON
20.00	YOGA WITH TANYA
TUESDAY	
13.00	PILATES WITH KARIANNE
17.30	SPIN WITH LARA
18.30	AB ATTACK WITH LARA
18.45	PILATES WITH SIOUX
19.45	YOGA WITH VICTORIA
WEDNESDAY	
10.00	YOGA MIXED ABILITY WITH OLGA
11.00	PILATES WITH ANDREA
18.00	SPIN WITH BECKY
19.45	YOGA WITH LUCY
THURSDAY	
07.45	SPIN WITH KARIANNE
18.30	LEGS, BUMS & TUMS WITH ANDREA
19.15	SPIN WITH KARIANNE
19.30	YOGA WITH LINZI
FRIDAY	
08.00	YOGA WITH LINZI
12.30	AEROBICS WITH CHLOE
18.00	SPIN WITH SIOUX
19.15	PILATES WITH SIOUX
20.15	YOGA WITH TANYA
SATURDAY	
09.00	STRENGTH & TONE WITH BECKY
10.00	SWISS BALL WITH BECKY
11.00	PILATES WITH ANDREA
SUNDAY	
09.00	SPIN WITH KARIANNE
10.00	SPIN WITH KARIANNE
11.00	BODYMAX WITH TABITHA

NON MEMBER STUDENT & STAFF CAN BOOK UP TO 48 HOURS IN ADVANCE AND PAY AS YOU GO. MEMBERS CAN BOOK 7 DAYS IN ADVANCE. CLASSES INCLUDED IN ALL BUT TOFS MEMBERSHIPS. TOFS CAN BOOK ON A PAY AS YOU GO BASIS.

Non attendance, arriving outside these times or cancelling within three hours of your session will result in the standard non member charge for that activity being applied to your membership.



Booking available online. Visit sport.brighton.ac.uk/book.