

# TOFS TIMETABLE



University of Brighton

sportbrighton

## CLASS & SWIM

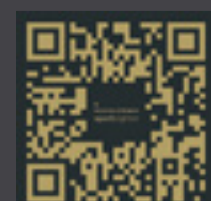
ALL SESSIONS ARE 45 MINUTES LONG AT THE EASTBOURNE SPORTS CENTRE  
SEE [SPORT.BRIGHTON.AC.UK/BOOK](http://SPORT.BRIGHTON.AC.UK/BOOK) FOR LIVE AVAILABILITY, CHANGES & BOOKING

## 17<sup>TH</sup> MAY - 24<sup>TH</sup> SEPTEMBER 2021 | TIMETABLE

MONDAY	
08.15	TOFS SWIM
08.30	TOFS AEROBICS CHLOE P
09.00	TOFS AQUA AEROBICS MICHELLE
09.15	TOFS AEROBICS WITH CHLOE P
10.00	TOFS PILATES WITH SIOUX
TUESDAY	
08.00	TOFFS YOGA WITH LINZI
09.00	TOFFS YOGA BEGINNERS WITH OLGA
09.00	TOFS AQUA WITH KARIANNE
09.45	TOFS AQUA WITH KARIANNE
10.00	TOFS ZUMBA WITH ROCHELLE
11.00	TOFS STRENGTH & TONE WITH ROCHELLE
11.15	TOFS SWIM
12.00	TOFS SPIN WITH KARIANNE
12.00	TOFS SWIM
WEDNESDAY	
09.00	TOFS YOGA MIXED ABILITY WITH OLGA
10.00	TOFS PILATES WITH MICHELLE
10.00	TOFS SWIM
10.45	TOFS SWIM
THURSDAY	
08.00	TOFS SWIM
09.00	TOFFS ZUMBA WITH ROCHELLE
10.00	TOFS ZUMBA WITH ROCHELLE
11.00	TOFS STRENGTH & TONE WITH MICHELLE
FRIDAY	
09.00	TOFS YOGA MIXED ABILITY WITH OLGA
09.00	TOFFS AQUA AEROBICS WITH MICHELLE
10.00	TOFS CORE & MORE WITH ROCHELLE
11.15	TOFS SWIM
12.00	TOFS SWIM
SATURDAY	
11.15	TOFS SWIM
12.00	TOFS SWIM

ALL SESSIONS ARE EXCLUSIVE TO OUR TOFS MEMBERS.  
TOFS ELIGIBILITY FOR NEW MEMBERS IS 60 YEARS OLD OR OLDER.

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](http://sport.brighton.ac.uk/book).