

CLASSES

ALL CLASSES @FALMER SPORTS CENTRE AND ARE BOOKABLE ONLINE

09 APR 22 - 10 JUN 22

Monday

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

Tuesday

11:30 - 12:30 PILATES WITH SANDY
18:00 - 18:45 SPIN WITH HARRISON
18:50 - 19:20 AB ATTACK WITH HARRISON

Wednesday

17:15 - 18:00 BODY MAX WITH ADRIAN
18:00 - 18:45 PILATES WITH SASHA

Thursday

17:10 - 17:55 SPIN WITH BRYAN
18:00 - 19:00 YOGA 60 WITH CLARE

Friday

12:05 - 12:50 SPIN WITH BRYAN
17:30 - 18:15 HIIT WITH KAT

Saturday

10:05 - 11:05 YOGA 60 WITH CLARE
11:10 - 11:55 HOOP FIT WITH CLARE

Sunday

08:45- 09:30 YOGA FLOW 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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