

# CLASS TIMETABLE



University of Brighton

sportbrighton

## CLASSES

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

MONDAY	
11.00 - 11.45	PILATES WITH SIOUX
17.30 - 18.15	SPIN WITH HARRISON
18.00 - 18.45	YOGA WITH LUCY
18.00 - 18.45	AQUA AEROBICS WITH KARIANNE
18.30 - 19.00	AB ATTACK WITH HARRISON
19.00 - 19.45	LEGS, BUMS & TUMS WITH ANDREA
19.10 - 19.55	SPIN WITH HARRISON
20.00 - 20.45	YOGA WITH TANYA
TUESDAY	
13.00 - 13.45	PILATES WITH KARIANNE
17.30 - 18.15	SPIN WITH LARA
18.25 - 18.55	AB ATTACK WITH LARA
19.05 - 19.50	YOGA WITH VICTORIA
WEDNESDAY	
10.00 - 10.45	YOGA MIXED ABILITY WITH OLGA
11.15 - 12.00	PILATES WITH ANDREA
18.00 - 18.45	SPIN WITH BECKY
19.00 - 19.45	YOGA WITH LUCY
THURSDAY	
07.45 - 08.30	SPIN WITH KARIANNE
18.00 - 18.45	BODY BLITZ WITH JESSIE
18.30 - 19.15	LEGS, BUMS & TUMS WITH ANDREA
19.15 - 20.00	SPIN WITH KARIANNE
19.30 - 20.15	YOGA WITH LINZI
FRIDAY	
08.00 - 08.45	YOGA WITH LINZI
17.50 - 18.35	SPIN WITH SIOUX
18.50 - 19.35	PILATES WITH SIOUX
19.45 - 20.30	YOGA WITH TANYA
SATURDAY	
09.00 - 09.45	BODY CONDITIONING WITH BECKY
10.00 - 10.45	SWISS BALL WITH BECKY
11.00 - 11.45	PILATES WITH ANDREA
SUNDAY	
09.00 - 09.45	SPIN WITH KARIANNE
10.00 - 10.45	SPIN WITH KARIANNE

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