

FALMER CLASSES

27TH SEPTEMBER - 24TH DECEMBER 2021 | TIMETABLE

CLASS

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

MONDAY

17.30 - 18.15	BODY MAX WITH SARAH
18.30 - 19.15	ZUMBA WITH ORLANDO

TUESDAY

18.00 - 18.45	SPIN WITH HARRISON
18.45 - 19.15	AB ATTACK WITH HARRISON

WEDNESDAY

13.05 - 13.50	YOGA 45 WITH OLIVIA
17.15 - 18.00	PILATES WITH SASHA

THURSDAY

16.45 - 17.30	HIIT WITH TABITHA
18.00 - 19.00	YOGA 60 WITH CLARE

FRIDAY

12.05 - 12.50	SPIN WITH BRYAN
---------------	-----------------

SATURDAY

10.15 - 11.15	YOGA 60 WITH CLARE
11.15 - 12.00	HOOP FIT WITH CLARE

MEMBERS CAN BOOK 7 DAYS IN ADVANCE FOR NO ADDITIONAL COST.
STUDENT AND STAFF NON-MEMBERS CAN BOOK 48 HOURS IN ADVANCE ON A PAY AS YOU GO BASIS FOR £3 PER CLASS.

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.

