

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 FOR LIVE AVAILABILITY, CHANGES & BOOKING

MONDAY

08.15 - 09.00	TOFS SWIM
08.15 - 09.00	TOFS AEROBICS CHLOE P
09.00 - 09.45	TOFS AQUA AEROBICS MICHELLE
09.15 - 09.45	TOFS AEROBICS WITH CHLOE P
10.00 - 10.45	TOFS PILATES WITH SIOUX

TUESDAY

08.00 - 08.45	TOFS YOGA MIXED ABILITY WITH LINZI
09.00 - 09.45	TOFS YOGA BEGINNERS WITH OLGA
09.00 - 09.45	TOFS AQUA WITH KARIANNE
09.45 - 10.30	TOFS AQUA WITH KARIANNE
10.00 - 10.45	TOFS ZUMBA WITH ROCHELLE
11.00 - 11.45	TOFS STRENGTH & TONE WITH ROCHELLE
11.15 - 12.00	TOFS SWIM
12.00 - 12.45	TOFS SPIN WITH KARIANNE
12.00 - 12.45	TOFS SWIM

WEDNESDAY

08.30 - 09.15	TOFS TAI CHI WITH ROB
09.00 - 09.45	TOFS AQUA WITH MICHELLE
09.00 - 09.45	TOFS YOGA MIXED ABILITY WITH OLGA
10.15 - 11.00	TOFS PILATES WITH MICHELLE
10.00 - 10.45	TOFS SWIM
10.45 - 11.30	TOFS SWIM

THURSDAY

08.00 - 08.45	TOFS SWIM
08.35 - 09.20	TOFS SPIN WITH KARIANNE
09.00 - 09.45	TOFS ZUMBA WITH ROCHELLE
10.00 - 10.45	TOFS ZUMBA WITH ROCHELLE
11.00 - 11.45	TOFS STRENGTH & TONE WITH MICHELLE

FRIDAY

09.00 - 09.45	TOFS YOGA MIXED ABILITY WITH OLGA
10.00 - 10.45	TOFS CORE & MORE WITH ROCHELLE
11.00 - 11.45	TOFS AEROBICS WITH CHLOE P
11.15 - 12.00	TOFS SWIM
12.00 - 12.45	TOFS SWIM

SATURDAY

11.15 - 12.00	TOFS SWIM
12.00 - 12.45	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.