

CLASS TIMETABLE BRIGHTON

Monday

07.00 Functional Zones
11.30 Virtual Spin
12.10 Yoga
13.00 Functional Zones
17.45 Spin Perform
17.45 To The Core
18.30 To The Core
18.35 Zumba
19.00 Barbell Club
19.45 Yoga
21.00 Virtual Spin

Tuesday

07.00 Spin Free
11.30 Virtual Spin
12.10 Spin Perform
13.00 Full Range
14.00 Virtual Spin
18.00 Spin
18.50 To The Core
19.00 Pilates
21.00 Virtual Spin

Wednesday

07.00 Full Range
11.30 Virtual Spin
12.10 Full Range
13.00 HIIT IT
17.00 Virtual Spin
17.30 Body Max
17.45 Functional Zones
18.30 Pilates
20.00 Yoga (from 12/10)

Thursday

11.30 Virtual Spin
12.10 Yoga
13.00 Spin Performance
17.45 Spin
18.30 Box Fit
18.30 Yoga
19.15 HIIT IT
20.00 Virtual Spin

Friday

07.00 HIIT IT
11.30 Virtual Spin
12.10 Pilates
12.05 Spin
13.00 Barbell Club
15.00 Virtual Spin
18.35 Zumba

Saturday

08.15 Barbell Club
09.00 Yoga (from 12/10)
10.05 Yoga
11.10 Hoop Fit

Sunday

08.30 Virtual Spin
08.45 Yoga Flow
09.00 Full Range
10.30 Virtual Spin

LOCATION

FALMER SPORTS CENTRE
MOULSECOOMB GYM & FITNESS

CLASS DESCRIPTIONS CAN BE FOUND
ON OUR CLASS TIMETABLE ON THE APP.
SESSIONS SUBJECT TO CHANGE.

Book via
our App



Included in Sport Brighton Memberships
£3 for students & staff PAYG
£5.30 for all other non-members PAYG



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