

CLASS TIMETABLE BRIGHTON

NEW | UPDATED JANUARY 2023

Monday

07.30 Circuits
11.30 Virtual Spin
12.10 Yoga
13.00 Circuits
17.45 Spin
17.45 **To The Core**
18.30 **To The Core**
18.35 **Zumba**
19.00 **Body Max**
19.45 Yoga
21.00 Virtual Spin

Tuesday

07.30 Spin
09.30 Yoga
11.30 Virtual Spin
12.10 Spin
13.00 Mobility & Stretch
14.00 Virtual Spin
18.00 Spin
18.50 **To The Core**
18.30 Pilates
21.00 Virtual Spin

Wednesday

07.30 Mobility & Stretch
11.30 Virtual Spin
12.10 Mobility & Stretch
13.00 HIIT IT
17.00 Virtual Spin
17.30 **Body Max**
17.45 **Circuits**
18.30 **Pilates**
19.45 Yoga

Thursday

11.55 Yoga
13.00 Spin
17.45 Spin
18.45 **Box Fit**
18.30 **Yoga**
20.00 Yoga

Friday

07.30 HIIT IT
11.30 Virtual Spin
12.10 Pilates
12.05 Spin
13.00 **Body Max**
15.00 Virtual Spin
18.35 Zumba

Saturday

10.00 **Body Max**
11.00 Virtual Spin
11.10 **Hoop Fit**

Sunday

08.30 Virtual Spin
08.45 **Yoga Flow**
09.00 **Mobility & Stretch**
10.00 Yoga

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



University of Brighton

sportbrighton