

TOFS

12 JUNE- 24 SEPTEMBER 2023

sport.brighton.ac.uk/book

ALL SESSIONS @EASTBOURNE SPORTS CENTRE AND ARE BOOKABLE ONLINE EXCLUSIVELY FOR TOFS MEMBERS

Monday

08:15 - 09:00	AEROBICS
08:10 - 08:55	SPIN
09:00 - 09:45	AEROBICS
10:00 - 10:45	PILATES

Tuesday

08:00 - 09:00	YOGA MIXED ABILITY
08:10 - 08:55	AQUA AEROBICS
09:00 - 10:00	YOGA BEGINNERS
10:00 - 10:45	DANCE FIT
11:00 - 11:45	STRENGTH & TONE
12:00 - 12:45	SPIN

Wednesday

08:00 - 08:45	CIRCUITS
09:00 - 10:00	TAI CHI
09:00 - 09:45	AQUA AEROBICS
09:00 - 10:00	YOGA MIXED ABILITY
10:05 - 10:50	PILATES
11:00 - 12:00	PILATES

Thursday

09:00 - 09:45	SWISS BALL
10:00 - 10:45	DANCE FIT
11:00 - 11:45	STRENGTH & TONE

Friday

09:00 - 09:45	AQUA AEROBICS
09:00 - 10:00	YOGA MIXED ABILITY
10:10 - 10:55	CORE & MORE
11:00 - 11:45	AEROBICS



Timetable subject to change. See live online timetable in advance of sessions for latest slots & changes.

Non attendance or cancelling within three hours of your session will result in the standard non member charge for that activity being applied to your membership.

TOFS SWIM

Monday

08:15	SWIM
09:00	SWIM [NEW]
13:00	SWIM

Tuesday

11:00	SWIM
12:00	SWIM
19:00	SWIM

Wednesday

12:45	SWIM
13:30	SWIM

Thursday

14.00	SWIM
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Friday

10:00	SWIM
13:00	SWIM

Saturday

11:15	SWIM
12:00	SWIM

SESSIONS VARY BETWEEN 45-60 MINUTES



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