

CLASS TIMETABLE BRIGHTON

SUMMER 2023

Monday

17.35 Spin
18.25 To The Core
18.55 Body Max
19.50 Yoga

Tuesday

17.45 Pilates
18.45 Circuits

Wednesday

07.30 Mobility & Stretch
15.30 Virtual Spin
17.45 To The Core
18.20 Body Max
20.00 Yoga

Thursday

18.45 Box Fit
20.00 Yoga

Friday

07.30 HIIT IT
12.10 Pilates
15.30 Virtual Spin
17.45 Mobility & Stretch
18.35 Zumba

Saturday

09.25 To The Core
10.00 Body Max
11.00 Virtual Spin

Sunday

09.00 HIIT
10.00 Yoga



Book via
our App

LOCATION

MOULSECOOMB GYM & FITNESS

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

Included in Sport Brighton Memberships
Pay as you go also available for non
members.



University of Brighton

sportbrighton