

CLASSES @ MOULSECOOMB GYM & FITNESS

MONDAY

07:40 - Full Body Burn
08:15 - Core Conditioning

12:10 - Pilates

17:30 - Core Conditioning
18:30 - Body Max
20:00 - Evening Yoga

TUESDAY

07:40 - Spin Peak
08:15 - Body Max
09:00- Flow Yoga

12:10 - Strong Yoga

17:30 - Full Body Burn
18:30 - Pilates

WEDNESDAY

07:40 - Core & Functional
08:15 - Spin FreeBeat

12:10 - Flow Yoga

17:30 - Spin Peak
18:30 - Body Max
20:00 - Evening Yoga

THURSDAY

07:40 - Spin Peak
08:15 - Body Max

11:55 - Yoga

18:30 - Box Fit
20:00 - Evening Yoga

FRIDAY

07:40 - Full Body Burn
08:15 - Spin Peak

12:10 - Pilates

17:30 - Core & Functional
18:30 - Zumba

WEEKENDS

SATURDAY

08:30 - Core Conditioning
09:05 - Body Max

SUNDAY

08:30 - Full Body Burn
09:05 - Spin Peak
10:00 - Morning Yoga

CLASSES @ FALMER SPORTS CENTRE

MONDAY

12:10 - Spin FreeBeat

17:30 - Full Body Burn
18:30 - Zumba

TUESDAY

12:10 - Body Max

17:30 - Spin FreeBeat
18:30 - Core & Functional

WEDNESDAY

12:10 - Spin FreeBeat

17:30 - Body Max
18:30 - Pilates

THURSDAY

12:10 - Full Body Burn

17:30 - Spin FreeBeat
18:30 - Evening Yoga

FRIDAY

12:10 - Spin FreeBeat

WEEKENDS

SATURDAY

10:05 - Morning Yoga
11:10 - Hoop Dance

SUNDAY

08:45 - Yoga Flow
09:45 - Circuits

**INCLUDED IN MEMBERSHIP /
£3.30 FOR STUDENTS & STAFF /
£6 ALL OTHERS**



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SPORTBRIGHTON APP

