



Group Exercise

Programme 2010

Withdean Sports Complex
Prince Regent Swimming Complex
St Luke's Swimming Pool
Moulsecoomb Community Leisure Centre

Withdean Sports Complex

Tongdean Lane, Brighton – 01273 542100

Time	Class	Instructor	Level	Thursday			
Monday				9:15-10:00	Body combat	Clare	1 2 3
9:15-10:00	Gym circuits	Gary	1 2 3	9:15-10:00	Running club	Mel	1 2 3
10:00-11:00	Fitness Pilates	Fiona	1 2 3	9:15-9:45	Indoor pursuit cycling	Various	1 2 3
10:00-10:50	Running Club	Mel	1 2 3	10:00-11:00	Body pump	Chris	1 2 3
10:15-11:00	Gym circuits	Gary	1 2 3	10:00-11:00	Supple strength	Mel	1 2 3
11:00-12:00	Supple strength	Mel	1 2 3	18:00-19:00	Supple strength	Mel	1 2 3
12:30-13:00	Indoor pursuit cycling	Various	1 2 3	18:30-19:15	Indoor pursuit cycling	Various	1 2 3
14:00-15:00	Young at heart	Fiona	1	19:00-20:00	Circuits	Mel	1 2 3
17:45-18:45	Body pump / Combat	Mel	1 2 3	20:00-21:00	Body pump	Colin / Alison	1 2 3
18:00-18:30	Indoor pursuit cycling	Various	1	Friday			
18:45-19:30	Indoor pursuit cycling	Various	2 3	9:15-10:00	Body combat	Mel	1 2 3
18:45-19:30	Body conditioning	Mel	1 2 3	10:00-11:00	Body conditioning	Mel	1 2 3
19:30-20:15	Pilates	James P	1 2 3	11:15-12:15	Sun power yoga	Michele W	1 2 3
20:15-21:15	Circuits	James P	1 2 3	12:30-13:00	Indoor pursuit cycling	Various	1 2 3
Tuesday				12:30-13:30	Pilates	Sarah W / Teri	1 2 3
7:15-8:00	Body pump	Jodie	1 2 3	17:40-18:30	Body pump	Cara	1 2 3
9:15-10:00	Indoor pursuit cycling	Various	1 2 3	18:30-19:15	Indoor pursuit cycling	Various	1 2 3
9:15-10:00	Circuits	Mel	1 2 3	18:30-19:15	Body combat	Ali	1 2 3
10:00-11:00	Body pump	Mel	1 2 3	Saturday			
11:00-12:00	Sun power yoga	Michele W	1 2 3	9:00-10:00	Body pump	Chris	1 2 3
17:45-18:30	Body conditioning	Chris	1 2 3	9:30-10:00	Indoor pursuit cycling	Various	1 2 3
18:30-19:15	Indoor pursuit cycling	Various	1 2 3	10:15-10:45	Indoor pursuit cycling	Various	1 2 3
18:30-19:15	Body attack	Chris	2 3	10:00-10:45	Step	Chris	2 3
19:15-20:00	Pilates	Janice	1 2 3	11:00-12:00	Body attack	Charlotte / Zoe	2 3
20:00-21:00	Boxercise	James F	1 2 3	12:00-13:00	Hatha yoga	Nicola	1 2 3
21:00-22:00	Vinyasa yoga	Renata	1 2 3	Sunday			
Wednesday				9:15-10:00	Body attack	Ali	2 3
9:15-10:00	Body conditioning	Clare	1 2 3	9:45-10:30	Indoor pursuit cycling	Various	1 2 3
10:00-11:00	Body pump	Clare	1 2 3	10:30-11:00	Indoor pursuit cycling	Various	1 2 3
11:00-12:00	Fitness Pilates	Mel	1 2 3	10:15-11:15	Body pump	Ali	1 2 3
17:45-18:30	Body combat	Mel	1 2 3	11:00-11:45	Gym circuits	Gary	1 2 3
18:00-18:45	Indoor pursuit cycling	Various	1 2 3	11:45-12:45	Boxercise	James F / Gary	1 2 3
18:30-19:30	Body pump	Mel	1 2 3	<div style="background-color: #f4a460; padding: 10px; border-radius: 10px;"> <p>Kinetika members FREE</p> <p>Non Member BTS Class £5.40</p> <p>Non BTS Class £4.75</p> <p>1 Beginner 2 Intermediate 3 Advanced</p> </div>			
19:00-19:30	Indoor pursuit cycling	Various	1 2 3				
19:30-20:15	Step & sculpt	Tina	1 2 3				
20:15-21:15	Hatha yoga	Amanda	1 2 3				



Prince Regent Swimming Complex

Church Street, Brighton – 01273 685692

Time	Class	Instructor	Level	Time	Class	Instructor	Level
Monday				Thursday			
9.35-10.20	Water workout	Gill	1 2	9.35-10.20	Deep water (LADIES ONLY)	Karen	2 3
10.15-11.15	Tai Chi	Sean	1 2	10.30-11.15	Water workout	Karen	1 2
10.30-11.30	Aqua natal	Tracy	1	13.00-14.00	Pilates	Sean	1 2
12.30-13.15	Deep water workout	Karen	3	Friday			
13.00-14.00	Tai chi	Sean	1	9.35-10.20	Water workout	Tracy	1
18.05-18.50	Water workout	Anne	1 2	10.30-11.30	Aqua natal workout	Tracy	1
19.00-20.00	Shallow water workout	Anne	2 3	12.30-13.15	Deep water workout	Karen	1 2
Tuesday				Saturday			
9.35-10.20	Deep water (LADIES ONLY)	Karen	1 2	11.00-12.00	Pilates	Sean	1 2
10.30-11.15	Water workout	Karen	1 2	12.00-12.45	Deep water workout	Denise	1 2
10.30-11.30	Yoga	Sean	1 2	12.00-13.00	Pilates	Sean	1 2
13.00-14.00	Yoga	Sean	1 2	12.50-13.35	Water workout	Denise	1 2
Wednesday				Sunday			
7.45-8.30	Deep water workout	Denise	2 3	19.05-19.50	Deep water workout	Denise	3
13.15-14.15	Water workout	Tracy	1 2				
17.30-18.30	Pilates	Sean	1 2				
18.15-19.00	Deep water workout	Tracey	1 2				
18.00-19.00	Aqua unwind						
	for pre & post natal & post op	Heather	1				
19.05-19.50	Water workout	Gill	1 2				
20.00-20.45	Deep water workout	Gill	2 3				

Kinetika members FREE
 Tai Chi, Yoga & Pilates £4.60
 Aqua Natal £3.80
 Aqua Natal Concession £2.70
 All other aqua classes £5.35
 Concession £3.95
 Deep water classes are not suitable for non swimmers
 1: Beginner 2: Intermediate 3: Advanced

St Luke's Swimming Pool

St Lukes Terrace, Brighton – 01273 602385

Time	Class	Instructor	Level
Thursday			
13.45-14.30	Water workout (LADIES ONLY)	Gill	1 2
19.00-20.00	Intense water workout	Karen	2 3

Kinetika members FREE
 Non Members £5.35
 1 Beginner 2 Intermediate 3 Advanced



Moulsecoomb Community Leisure Centre

Moulsecoomb Way, Brighton – 01273 622266

Time	Class	Instructor	Level
Monday			
18.00-19.00	Body pump	Jo	1 2 3
18.00-18.45	Indoor cycling	Louise	1 2 3
19.00-20.00	Step	Sharon	1 2 3
Tuesday			
9.30-10.30	Total body conditioning	Sandy	1 2 3
18.00-19.00	Aerobics	Jo	1 2 3
19.00-20.00	Body combat	Alison	1 2 3
19.00-19.45	Indoor cycling	Jo	1 2 3
Wednesday			
9.30-10.15	Indoor cycling		1 2 3
18.00-19.00	Body pump	Emma	1 2 3
19.00-19.45	Indoor Cycling	Louise	1 2 3
19.00-20.00	Body jam	Emma	1 2 3
19.00-20.30	Yoga	Julie	1 2 3
20.00-20.45	Pilates	Emma	1 2 3
Thursday			
9.30-10.15	Step & tone	Sandy	1 2
10.30-11.30	Body flow	Sandy	1 2 3
18.00-18.30	Spin & core	Lauren	1 2 3
19.00-20.00	Boxercise	Lauren	1 2 3
20.00-20.45	Indoor cycling	Lauren	2 3
Friday			
9.15-10.15	Body pump	Emma	1 2 3
10.15-11.00	Indoor cycling	Malcolm	1 2 3

Kinetika members	FREE (except indoor cycling)
Non Members	Thursday Step £1.75*
	All Other classes £2.55*
	Indoor cycling £3.35*

1 Beginner 2 Intermediate 3 Advanced

*Non centre members charged above prices plus an additional £1.15



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Programme Plus Courses

In addition to the classes shown we run regular programme plus courses across all our site's including:

Coreball	Ab Attack	Back Fit
Gym Circuits	Beach Fit	Belly Dancing
Meditation	Kettlebells	

Please look out for adverts on site for these courses or contact reception for details.

Prices vary dependent on the type and duration of the course & spaces are limited so it is advisable to book in advance.

All group exercise classes are FREE for kinetika members