

Group Exercise Programme

WITHDEAN SPORTS COMPLEX Tongdean Lane, Brighton - 01273 542100

Day	Time	Class	Instructor	Level	
Monday	9:15-10:00	Body combat	Clare	*/**/***	
	9:15 - 10:00	Gym circuits	Gary	*/**/***	
	10:00-11:00	Body Conditioning	Fiona	*/**	
	10:00 - 10:50	Running Club	Mel	*/**/***	
	10:15 - 11:00	Gym circuits	Gary	*/**/***	
	11:00 - 12:00	Supple strength	Mel	*/**/***	
	12:30 - 13:00	Indoor pursuit cycling	Various	*/**/***	
	14:00-15:00	Young at heart	Fiona	*	
	17.45 - 18.45	Body pump / Combat	Mel	**/**/***	
	18:00 - 18:30	Indoor pursuit cycling	Various	*	
	18:45 - 19:30	Indoor pursuit cycling	Various	**/**/***	
	18.45 - 19.30	Body conditioning	Mel	*/**/***	
	19.30-20.15	Pilates	James P	*/**/***	
	20:15 - 21:15	Circuits	James P	*/**/***	
Tuesday	7:15 - 8:00	Body pump	Jodie	*/**/***	
	9:15 - 10:00	Indoor pursuit cycling	Various	*/**/***	
	9:15-10:00	Circuits	Mel	*/**/***	
	10:00-11:00	Body pump	Mel	*/**/***	
	11:00-12:00	Sun power yoga	Michele W	*/**/***	
	17.45-18.30	Body conditioning	Chris	**/**/***	
	18:30 - 19:15	Indoor pursuit cycling	Various	*/**/***	
	18.30-19.15	Body attack	Chris	**/**/***	
	19.15-20.00	Pilates	Janice	*/**/***	
	20.00-21.00	Boxercise	James F	*/**/***	
	21.00-22.00	Vinyasa yoga	Renata	*/**/***	
	Wednesday	9:15-10:00	Body conditioning	Clare	*/**/***
		10:00-11:00	Body pump	Clare	*/**/***
		11:00-12:00	Freestyle pilates	Mel	*/**/***
17.45-18.30		Body combat	Mel	*/**/***	
18:00 - 18:45		Indoor pursuit cycling	Various	*/**/***	
18.30-19.30		Body pump	Mel	*/**/***	
19:00 - 19:30		Indoor pursuit cycling	Various	*/**/***	
19.30-20.15		Step & sculpt	Tina	*/**/***	
20:15-21:15		Hatha yoga	Amanda	*/**/***	
Thursday		9:15-10:00	Body attack	Chris	**/**/***
	9:15 - 10:00	Running club	Mel	*/**/***	
	9:15 - 9:45	Indoor pursuit cycling	Various	*/**/***	
	10:00-11:00	Body pump	Chris	*/**/***	
	10:00-11:00	Supple strength	Mel	*/**/***	
	18:00-19:00	Supple strength	Mel	*/**/***	
	18:30 - 19:15	Indoor pursuit cycling	Various	*/**/***	
	19:00-20:00	Circuits	Mel	*/**/***	
	20:00-21:00	Body pump	Colin /Alison	*/**/***	
	Friday	9:15-10:00	Body combat	Mel	*/**/***
10:00-11:00		Body conditioning	Mel	*/**/***	
11:15-12.15		Sun power yoga	Michele W	*/**/***	
12:30 - 13:00		Indoor pursuit cycling	Various	*/**/***	
12.30-13.30		Pilates	Sarah W / Teri	*/**/***	
17:40-18:30		Body pump	Cara	*/**/***	
18:30 - 19:15		Indoor pursuit cycling	Various	*/**/***	
Saturday	18:30-19:15	Body combat	Alison/ Charlotte	*/**/***	
	9:00-10:00	Body pump	Chris	*/**/***	
	10:00 - 10:45	Indoor pursuit cycling	Various	*/**/***	
	10:00-10:45	Step	Chris	**/**/***	
Sunday	11:00-12:00	Body attack	Charlotte / Zoe	**/**/***	
	12:00-13:00	Hatha yoga	Nicola	*/**/***	
	9:15-10:00	Aerobic	Carmen	*/**/***	
	9:45 - 10:30	Indoor pursuit cycling	Various	*/**/***	
	10:30 - 11:00	Indoor pursuit cycling	Various	*/**/***	
10:15-11:15	Body pump	Carmen	*/**/***		
11:00 - 11:45	Gym circuits	Gary	*/**/***		
11.45-12.45	Boxercise	James F	*/**/***		

Kinetika members FREE
 Non Member BTS Class £5.30
 Non BTS Class £4.65

* Beginner ** Intermediate *** Advanced

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.

PRINCE REGENT SWIMMING COMPLEX Church Street, Brighton - 01273 685692

Day	Time	Class	Instructor	Level
Monday	9.35 - 10.20	Water workout	Gill	*/**
	10.15 - 11.15	Tai Chi	Sean	*/**
	10.30 - 11.30	Aqua natal	Tracy	*
	12.30 - 13.15	Deep water workout	Karen	***
	13.00 - 14.00	Tai chi	Sean	*
	18.05 - 18.50	Water workout	Anne	*/**
	19.00 - 20.00	Shallow water workout	Anne	**/**/***
Tuesday	9.35 - 10.20	Deep water (LADIES ONLY)	Karen	*/**
	10.30 - 11.15	Water workout	Karen	*/**
	10.30 - 11.30	Yoga	Sean	*/**
	13.00 - 14.00	Yoga	Sean	*/**
Wednesday	7.45 - 8.30	Deep water workout	Denise	**/**/***
	13.15 - 14.15	Water workout	Tracy	*/**
	17.30 - 18.30	Pilates	Sean	*/**
	18.15 - 19.00	Deep water workout	Tracey	*/**
	18.00 - 19.00	Aqua natal for pre or post op	Heather	*
	19.05 - 19.50	Water workout	Gill	*/**
Thursday	20.00 - 20.45	Deep water workout	Karen	**/**/***
	9.35 - 10.20	Deep water (LADIES ONLY)	Karen	*/**
	10.30 - 11:15	Water workout	Karen	*/**
Friday	13.00 - 14.00	Pilates	Sean	*/**
	9.35 - 10.20	Water workout	Tracy	*
	10.30 - 11:30	Aqua natal workout	Tracy	*
Saturday	12.30 - 13.15	Deep water workout	Karen	*/**
	11.00 - 12.00	Pilates	Sean	*/**
	12.00 - 12.45	Deep water workout	Denise	*/**
Sunday	12.00 - 13.00	Pilates	Sean	*/**
	12.50 - 13.35	Water workout	Denise	*/**
19.05 - 19.50	Deep water workout	Denise	***	

Kinetika members FREE
 Non Members Tai Chi, Yoga & Pilates £4.50
 Aqua Natal £3.70
 Aqua Natal Concession £2.65
 All other aqua classes £5.25
 Concession £3.90

Deep water classes are not suitable for non swimmers

* Beginner ** Intermediate *** Advanced

ST LUKE'S SWIMMING POOL St Luke's Terrace, Brighton - 01273 602385

Day	Time	Class	Instructor	Level
Monday	18.10 - 19.00	Water workout	Gill	*/**
Thursday	13.45 - 14.30	Water workout (LADIES ONLY)	Gill	*/**
	18.10 - 18.55	Low impact water workout	Karen	*/**
	19.00 - 20.00	Intense water workout	Karen	**/**/***

Kinetika members FREE
 Non Members £5.25

* Beginner ** Intermediate *** Advanced

MOULSECOOMB COMMUNITY LEISURE CENTRE Moulsecoomb Way, Brighton - 01273 622266

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

Kinetika members FREE (except indoor cycling)
 Non Members Thursday Step £1.70
 All Other classes £3.30
 Indoor cycling £2.50

* Beginner ** Intermediate *** Advanced