

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	*/**
	10:15 - 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	Step	Mel	**/**
	18:00 - 18:30	Indoor pursuit cycling	Various	*
	18:45 - 19:30	Indoor pursuit cycling	Various	**/**
Tuesday	18.45 - 19.30	Body conditioning	Mel	*/**/***
	19.30-20.15	Pilates	James P	*/**/***
	20:15 - 21:15	Circuits	James P	*/**/***
	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	Step and tone	Chris	**/**
	18:30 - 19:15	Indoor pursuit cycling	Various	*/**/***
Wednesday	18.30-19.15	Body attack	Chris	**/**
	19.15-20.00	Street dance	Cara	*/**/***
	20.00-21.00	Boxercise	James F	*/**/***
	21:00-22:00	Vinyasa yoga	Renata	*/**/***
	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	*/**/***
Thursday	19:00 - 19:30	Indoor pursuit cycling	Various	*/**/***
	19.30-20.15	Step & sculpt	Tina	*/**/***
	20:15-21:15	Hatha yoga	Amanda	*/**/***
	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	*/**/***
Friday	19:00-20:00	Circuits	Mel	*/**/***
	20:00-21:00	Body pump	Colin /Alison	*/**/***
	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	*/**/***
	18:30-19:15	Body combat	Alison/ Charlotte	*/**/***
Saturday	9:00-10:00	Body pump	Chris	*/**/***
	10:00 - 10:30	Indoor pursuit cycling	Various	*/**/***
	10:00-10:45	Step	Chris	**/**
	10:45 - 11:15	Indoor pursuit cycling	Various	*/**/***
	11:00-12:00	Body attack	Charlotte / Zoe	**/**
	12:00-13:00	Hatha yoga	Nicola	*/**/***
	9:15-10:00	Cardio funk	Carmen	*/**/***
	10:00 - 10:45	Indoor pursuit cycling	Various	*/**/***
	10:15-11:15	Body pump	Carmen	*/**/***
	11:00 - 11:45	Gym circuits	Gary	*/**/***
Sunday	11.30-12.30	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	9.30 - 10.30	50+ Aquafit	Gill	*/**
	10.15 - 11.15	Tai Chi	Sean	*/**
	10.30 - 12.00	Aqua natal	Tracy	*
	12.30 - 13.15	Deep water	Karen	***
	13.00 - 14.00	Tai chi	Sean	*
	18.00 - 18.50	Intense water workout	Anne	*/**
Tuesday	19.00 - 20.00	Water workout	Anne	**/**
	9.30 - 10.15	Deep water (LADIES ONLY)	Karen	*/**
	10.30 - 11.30	Yoga	Sean	*/**
	13.00 - 14.00	Yoga	Sean	*/**
Wednesday	13.30 - 14.30	Water workout	Tracy	*/**
	17.30 - 18.30	Pilates	Sean	*/**
	18.15 - 19.00	Deep water workout	Karen	*/**
	19.00 - 20.00	Aqua natal for pre or post op	Karen	*
	19.05 - 19.50	Water workout	Gill	*/**
Thursday	20.00 - 20.45	Deep water workout	Karen	**/**
	9.45 - 10.30	Deep water (LADIES ONLY)	Karen	*/**
	13.00 - 14.00	Pilates	Sean	*/**
Friday	9.30 - 10.30	50+ aquafit	Tracy	*
	10.30 - 12.00	Aqua natal	Tracy	*
	12.30 - 13.15	Deep water	Karen	*/**
Saturday	11.00 - 12.00	Pilates	Sean	*/**
	11.30 - 12.15	Deep water workout	Alison	*/**
	12.00 - 13.00	Pilates	Sean	*/**
Sunday	19.15 - 20.00	Deep water workout	Denise	***

Kinetika members FREE
 Non Members Tai Chi, Yoga & Pilates £4.50
 Aqua Natal £3.70
 Aqua Natal Concession £2.65
 50+ £3.30
 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	18.00 - 19.00	Water workout	Gill	*/**
Thursday	14.00 - 14.45	Water workout (LADIES ONLY)	Gill	*/**
	18.00 - 19.00	Water workout	Karen	*/**
	19.00 - 20.00	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	18.15 - 19.00	Body pump	Naomi	*/**/***
	19.00 - 19.45	Step	Sharon	*/**/***
Tuesday	9.30 - 10.30	Total body conditioning	Sandy	*/**/***
	18.00 - 19.00	Aerobics	Naomi	*/**/***
	19.00 - 20.00	Body combat		*/**/***
	20.00 - 20.45	Mind, body & balance	Sandy	*/**/***
Wednesday	18.00 - 19.00	Body pump	Emma	*/**/***
	19.00 - 20.00	Body jam	Emma	*/**/***
	19.15 - 20.30	Yoga	Julie	*/**/***
	20.00 - 20.45	Pilates	Emma	*/**/***
Thursday	9.30 - 10.15	Step & tone	Sandy	*/**
	18.30 - 19.30	Circuits	Craig	**/**
Friday	9.15 - 10.15	Body pump	Emma	*/**/***

Kinetika members FREE
 Non Members Thursday Step £1.70
 All Other classes £3.30
 * Beginner ** Intermediate *** Advanced

All group exercise classes are **FREE** for kinetika members

