



Monday	09:00 - 11:30	Tiny Tekkers	Main Hall (Ground Floor)	hello@tinytekkers.com
	09:30 - 10:30	Zumba	Studio (First Floor)	bodymovesfitness@hotmail.com
	11.45 - 12.30	Step it up Fitness	Main Hall (Ground Floor)	kevinmottleybootcamp@gmail.com, 07748 910075
	14:00 - 15:00	Jade Mountain Tai Chi	Studio (First Floor)	kevinmottleybootcamp@gmail.com, 07748 910075
	18:00 - 19:00	FitSteps	Main Hall	debbie.mclean3@hotmail.com
	19:00 - 20:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
	20:00 - 21:00	Martial Arts	Main Hall (Ground Floor)	info@rarebreedmartialarts.co.uk
Tuesday	08:30 - 14:00	Tumble Tots	Main Hall	brighton@tumbletots.com
	10:00 - 15:00	Dementia DayBreak	Studio (First Floor)	Enquire at Reception
	18:00 - 19:00	Yogi Tides Yoga	Studio (First Floor)	yogitides@gmail.com
	18:00 - 21:00	Burgess Hill Social Dance Club	Main Hall	info@bhsc.co.uk
Wednesday	09:30 - 10:30	Zumba	Studio (First Floor)	bodymovesfitness@hotmail.com
	10:45 - 12:30	VB Dance	Studio (First Floor)	admin@vbdance.com
	11:30 - 12:30	Cardiac Rehab	Main Hall	bouncebackcardiacrehab@gmail.com
	13:45 - 15:15	Age UK - Curling	Studio (First Floor)	Enquire at Reception
	14:00 - 15:00	Zumba Gold - Over 50s & Beginners	Main Hall	07711243241 or Drop In (£8 a class)
	18:00 - 19:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
	18:45 - 20:00	Zumba	Main Hall	bodymovesfitness@hotmail.com
	20:00 - 21:00	Martial Arts	Main Hall	info@rarebreedmartialarts.co.uk
Thursday	09:00 - 10:30	Football Fun Factory	Main Hall (Ground Floor)	joerussell@thefootballfunfactory.co.uk
	09:15 - 10:15	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	10:45 - 11:30	Age UK - Chairbics	Main Hall	Enquire at Reception
	10:45 - 11:30	Jade Mountain Tai Chi	Studio (First Floor)	kevinmottleybootcamp@gmail.com, 07748 910075
	14:00 - 16:00	Age UK - Art Club	Studio (First Floor)	Enquire at Reception
	18:00 - 21:00	Karate	Main Hall	jason.marle2@gmail.com
	18:30 - 19:30	Yoga	Studio (First Floor)	amanda.pitman@hotmail.com, 07952 4060281
Friday	09:00 - 10:00	Pilates	Main Hall	bodywithanita@gmail.com
	10:00 - 11:00	Dance Fitness	Main Hall (Ground Floor)	body with anita@gmail.com
	09:30 - 11:30	The Tai Chi Effect	Studio (First Floor)	relax@taichieffect.com
	10:30 - 13:30	Age UK - Lunch Club	Board Room (First Floor)	Enquire at Reception
	11:30 - 12:15	Jade Mountain Tai Chi	Studio (First Floor)	kevinmottleybootcamp@gmail.com, 07748 910075
	14:00 - 16:00	Knit and Natter	Lobby upstairs	Su Colemon - 07891 591806
	18:00 - 19:00	Kettlebells	Studio (First Floor)	rebecca.moore@broccoliandbiceps.co.uk
	18:30 - 19:30	GKR Karate	Main Hall (Ground Floor)	region38uk@gkrkarate.com
Saturday	09:00 - 12:15	Martial Arts	Studio (First Floor)	info@rarebreedmartialarts.co.uk
	09:00 - 12:15	Tiny Tekkers	Main Hall (Ground Floor)	hello@tinytekkers.com
	10:00 - 11:00	Yogalates	Studio (First Floor)	iwona.pilates@gmail.com
Sunday	09:00 - 10:15	Football Fun Factory - starting July 2025	Main Hall (Ground Floor)	joerussell@thefootballfunfactory.co.uk
	09:15 - 11:15	Baby Ballet	Studio (First Floor)	brightonwestandhove@babyballet.co.uk