

Adult Classes

at Cavendish Sports Centre

CLASS	TIME	AGE	PRICE	CONTACT DETAILS
Monday				
Redefine - Pad Attack & Core	17:30-18:30	All	£5.00	07929204367
Medieval Siege Society	18:45-21:45	Adult	Contact club	www.medieval-siege-society.co.uk
Taekwondo	19:30-20:30	Adult	£5.00	Contact Centre
Tuesday				
Zumba	17:30-18:30	Adult	£4.50	www.keikoizumi.com
Insanity	18:30-19:30	Adult	£5.00	www.traininsane.info
No Strings Badminton	19:30-21:30	Adult	£3.50/ £5.00	Contact centre
Freestyle Kempo Jujitsu	20:00-21:30	Adult	£5.50	07863398923
Wednesday				
Redefine - HIIT & Core Stability	17:30-18:30	Adult	£5.00	07929204367
Have-A-Hart Circuit Training	19:30-20:30	Adult	£4.50	07580983570 www.haveahart.co.uk
Thursday				
Karate Jutsu Kai Karate	19:00-20:30	Adult	£5.00	07814543123
Karate Jutsu Kai Kickboxing	20:30-21:00	Adult	£4.00	www.karatejutsukai.co.uk
Friday				
Redefine - Circuits	17:30-18:30	Adult	£5.00	07929204367
No Strings Badminton	19:30-22:00	Adult	£3.50/ £5.00	Contact centre
Saturday				
Freestyle Kempo Jujitsu	10:00-12:00	Adult	£7.50	07863398923
Sunday				
No Strings Badminton	09:15-11:15	All	£3.50/ £5.00	Contact centre

Membership to the centres is not required to attend any class. Classes and prices are subject to change

Children's Classes

at Cavendish Sports Centre

CLASS	TIME	AGE	PRICE	CONTACT DETAILS
Wednesday				
Trampoline Club	17:15-18:15	6-16 yrs	Paid termly	Contact centre (£3.50 per session)
Thursday				
Karate Jutsu Kai Karate	18:00-19:00	6yrs +	£3.50	07814543123 www.karatejutsukai.co.uk
Saturday				
Trampoline Club	09:00-10:00	6-16yrs	Paid termly	Contact centre (£3.50 per session)
Freestyle Kempo Jujitsu	10:00-11:00	Juniors	£5.00	07863398923
Sunday				
No Strings Badminton	09:15-11:15	All	£3.50/ £5.00	Contact centre

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For more information

Call: 01323 647683

Email: sport@eastbourne.gov.uk

Website: www.sporteastbourne.co.uk

