

Sport & Classes Timetable

Cavendish Sports Centre

Activity	Time	Age	Price	Contact Details
Monday				
Eastbourne Netball Club	18:00 - 19:20	Junior	Contact Club	07790804665
Redefine - Pad Attack & Core	17:30 - 18:30	All	£5 ppps	07929204367
Power Hoop	18:30 - 19:30	All	£7.50 ppps	www.eastbournepowerhoop.co.uk
Taekwondo	19:30 - 21:00	Adult	£5 ppps	07885720642
Tuesday				
No Strings Badminton	19:30 - 22:30	Adult	£3.50/£5 ppps	Contact Centre
Freestyle Kempo Jujitsu	20:00 - 21:30	Adult	£5.50 ppps	07863398923
Wednesday				
Trampoline Club	17:15 - 18:15	6 - 16 yrs	Paid Termly	Contact Centre
Power Hoop	18:30 - 19:30	Adult	£7.50 ppps	www.eastbournepowerhoop.co.uk
Fitsteps	19:30 - 20:30	Adult	£5 ppps	fitstepseastbourne@gmail.com
Thursday				
No Strings Badminton	17.25 - 19.25	Adult	£3.50/£5 ppps	www.eastbournepowerhoop.co.uk
Jutsu Kai Karate	18:00 - 19:00 19:00 - 20:30	6 yrs+ Adult	£3.50/£5 ppps	07814543123 www.karatejutsukai.co.uk
Kickboxing	20:30 - 21:00	Adult	£5 ppps	Contact Centre
Friday				
Trampoline Club	17:15 - 18:15	6 - 16 yrs	Paid Termly	Contact Centre
No Strings Badminton	19:30 - 22:00	Adult	£3.50/£5 ppps	Contact Centre
Saturday				
Freestyle Kempo Jujitsu	10:00 - 12:00	Adult	£7.50 ppps	07863398923

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

For more information, call 01323 649214 or go to:

www.sporteastbourne.co.uk

