

Adult Classes

at Hampden Park Sports Centre

CLASS	TIME	AGE	PRICE	CONTACT DETAILS
Monday				
Spin with Keeley	09:30-10:15	16yrs +	£4.00/ £4.50	Contact centre to book
Sama Kickboxing	19:00-20:00	Adult	£6.00	01273 580577 www.samamartialarts.co.uk
Tuesday				
Boss Pilates - Mixed ability	09:30-10:30	16yrs +	£7.00	Facebook: Boss Pilates
Boss Pilates - Post Natal	10:30-11:30	16yrs +	£7.00	Facebook: Boss Pilates
Spin with Danny Garbett	18:00-18:45	16yrs +	£4.00/ £4.50	Contact centre to book
Walking Netball	18:00-19:00	50yrs +	£3.50	Contact centre for information
Swoove Fitness	19:00-20:00	Adult	£5.00	www.maria.swoovefitness.com
Swoove Ignite	20:15-21:15	Adult	£5.00	www.maria.swoovefitness.com
Circuits with Danny Garbett	19:15-20:15	All	£4.50	Contact centre for information
Lions Basketball Club	20:30-22:30	Adults	Contact club	07789748940
Wednesday				
Spin with Keeley	09:30-10:15	16yrs +	£4.00/ £4.50	Contact centre to book
Thursday				
Tomboogie	18:20-19:20	Adult	£5.00	07889081800
Boss Pilates	19:30 - 20:30	16yrs +	£7.00	Facebook: Boss Pilates
East Sussex Netball League	18:30-21:30	Adult	Contact club	07731463705
Trampoline Club for Adults	19:30-21:00	16yrs +	Pay termly	Contact centre (£4.50 per week)
Friday				
Boss Pilates	09:30 -10:30	16yrs +	£7.00	Facebook: Boss Pilates
Spin with Keeley	19:30-20:15	16yrs +	£4.00/ £4.50	Contact centre to book
Saturday				
Spin with Danny Garbett	07:45-08:30	16yrs +	£4.00/ £4.50	Contact centre to book
Sunday				
Swoove Strength	09:00-10:00	Adult	£5.00	www.maria.swoovefitness.com
Swoove Fitness	10:00-11:00	Adult	£5.00	www.maria.swoovefitness.com

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



For more information

Call: 01323 509859

Email: sport@eastbourne.gov.uk

Website: www.sporteastbourne.co.uk



Children's Classes

at Hampden Park Sports Centre

CLASS	TIME	AGE	PRICE	CONTACT DETAILS
Wendy Mann School of Performing Arts run various style classes through out the week during term time				07521875713
Monday				
Football Fun	16:00-17:00	6-9yrs	£2.50	Contact centre
	17:00-18:15	9-13yrs		
Sama Kickboxing	17:30-18:30	6yrs +	£5.00	01273 580577 www.samamartialarts.co.uk
Tuesday				
Little Tekkers	17:00-17:45	4-5yrs	£2.50	Contact centre
Wednesday				
Youth Gym	16:00-18:00	14-16yrs	£2.00/ £3.00	Contact centre
Junior Table Tennis Club	16:00-17:15	8-18yrs	£3.00	Contact centre
Badminton Coaching	17:15-18:15	7-14yrs	£3.00	Contact centre
Thursday				
Eternity Pre School Gymnastics	09:45-10:30	22m-3yrs	£3.80	www.eternitygymnastics.co.uk
	10:30-11:15	3-5yrs		
	11:30-12:30	Home Educated	£4.50	
Eastbourne Junior Netball Club	16:00-18:00	Juniors	Contact Club	07786406454
Friday				
Football Fun	16:15-17:15	4-7yrs	£2.50	Contact centre
Tennis Coaching Fun	17:30-18:30	5-11yrs	£3.50	
Trampoline Club	17:30-18:45	6-16yrs	Pay termly	Contact centre (£3.50 per session)
Lions Basketball Club	19:30-21:30	16yrs +	Contact club	07789748940
Saturday				
Sama Karate	10:00-11:00	Juniors	£5.00	01273 580577 www.samamartialarts.co.uk