

Shinewater Sports Centre

Milfoil Drive, Eastbourne, BN23 8ED

01323 768614



Gym session times Monday to Friday

09:00
to
10:00

10:00
to
11:00

11:00
to
12:00

12:00
to
13:00

13:00
to
14:00

14:00
to
15:00

15:00
to
16:00

16:00
to
17:00

17:00
to
18:00

18:00
to
19:00

19:00
to
20:00

Gym session times Saturday

09:00
to
10:00

10:00
to
11:00

11:00
to
12:00

12:00
to
13:00

13:00
to
14:00

14:00
to
15:00

Gym session times Sunday

09:00
to
10:00

10:00
to
11:00

11:00
to
12:00

12:00
to
13:00

Please note: Those aged 14 to 16 years must be accompanied by a parent, guardian or appropriate adult over the age of 18 years.