

group exercise programme

Portslade Sports Centre

Accurate as of 29/04/2024

| Times for Tuesday 21 September | | | |
|--------------------------------|------------------------|--------------|------------|
| Time | Session | Facility | Level |
| 6:00 pm - 6:45 pm | Freedom Indoor Cycling | spin studio | all levels |
| 7:00 pm - 8:00 pm | Pilates | dance studio | all levels |