group exercise programme Portslade Sports Centre

Accurate as of 03/05/2024

| Times for Wednesday 28 September | | | 0 |
|----------------------------------|--------------------|--------------|------------|
| Time | Session | Facility | Level |
| 9:30 am - 10:30 am | 50+ Forever Active | dance studio | 50+ |
| 7:15 pm - 8:15 pm | Body Blitz | dance studio | all levels |