

# group exercise programme

## Portslade Sports Centre

Accurate as of 25/04/2024

### Times for Monday 3 October



Time	Session	Facility	Level
10:40 am - 11:40 am	Pilates	dance studio	all levels
6:15 pm - 7:05 pm	Freedom Circuits	dance studio	all levels
7:05 pm - 7:50 pm	Core Plus	dance studio	all levels