


group exercise programme

Portslade Sports Centre

Accurate as of 04/05/2024

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	