


group exercise programme

Portslade Sports Centre

Accurate as of 18/05/2024

Times for Tuesday 4 October				
Time	Session	Facility	Level	
9:30 am - 10:15 am	Total Body Conditioning	dance studio	beginner / intermediate	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	spin studio	all levels	
7:00 pm - 8:00 pm	Pilates	dance studio	all levels	