

# group exercise programme

## Portslade Sports Centre

Accurate as of 06/05/2024

### Times for Tuesday 23 April



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
6:00 pm - 7:00 pm	Kettlebells	dance studio	beginner / intermediate
7:00 pm - 8:00 pm	Pilates	dance studio	all levels