

# group exercise programme

## Portslade Sports Centre

Accurate as of 19/05/2024

Times for Friday 26 April



| Time              | Session                | Facility     | Level                   |
|-------------------|------------------------|--------------|-------------------------|
| 6:00 pm - 6:30 pm | Freedom Indoor Cycling | spin studio  | beginner / intermediate |
| 6:30 pm - 7:00 pm | Freedom Circuits       | dance studio | all levels              |