

group exercise programme

Portslade Sports Centre

Accurate as of 26/09/2026

Times for Tuesday 29 September



Time	Session	Facility	Level
9:30 am - 10:30 am	Total Body Conditioning	dance studio	beginner / intermediate
6:00 pm - 6:45 pm	Freedom Indoor Cycling	spin studio	all levels
6:00 pm - 6:45 pm	Cardio Fit	dance studio	all levels
7:00 pm - 7:45 pm	Body Pump	dance studio	all levels