

group exercise programme

Portslade Sports Centre

Accurate as of 26/09/2026

Times for Wednesday 30 September

Time	Session	Facility	Level
9:30 am - 10:30 am	50+ Forever Active	dance studio	50+
5:15 pm - 6:00 pm	Les Mills SHAPES	dance studio	all levels
6:00 pm - 7:00 pm	Strength Development	dance studio	all levels
7:00 pm - 8:00 pm	Body Blitz	dance studio	all levels