

group exercise programme

Portslade Sports Centre

Accurate as of 26/09/2026

Times for Thursday 1 October



Time	Session	Facility	Level
8:30 am - 9:30 am	Kettlebells	dance studio	beginner / intermediate
9:30 am - 10:30 am	Yoga	dance studio	beginner / intermediate
6:00 pm - 6:45 pm	Freedom Indoor Cycling	spin studio	all levels
6:15 pm - 7:00 pm	Dance Fitness	dance studio	all levels