

group exercise programme

Portslade Sports Centre

Accurate as of 26/09/2026

Times for Friday 2 October				
Time	Session	Facility	Level	
8:00 am - 8:30 am	HIIT Strength	gym	all levels	
9:15 am - 10:00 am	Body Pump	dance studio	all levels	
10:05 am - 10:50 am	HIIT	dance studio	all levels	
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	