

group exercise programme

Portslade Sports Centre

Accurate as of 02/10/2026

Times for Monday 5 October



Time	Session	Facility	Level
9:00 am - 9:45 am	Dance Fitness	dance studio	all levels
9:45 am - 10:30 am	Legs, Bums & Tums	dance studio	beginner / intermediate
10:40 am - 11:40 am	Pilates	dance studio	all levels
6:15 pm - 7:00 pm	Body Pump	dance studio	all levels
7:05 pm - 7:50 pm	HIIT	dance studio	all levels