

# myride programme

## Bexhill Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 1 March



Time	Session	Facility	Level
9:00 am - 9:55 am	Freedom Pump	dance studio	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	
10:00 am - 10:55 am	Fitball	dance studio	
11:30 am - 12:25 pm	Yoga	mind & body studio	
6:00 pm - 6:30 pm	Freedom Indoor Cycling	indoor cycling studio	
7:30 pm - 8:25 pm	Freedom Pump	dance studio	