

# myride programme

## Bexhill Leisure Centre

Accurate as of 23/04/2024

### Times for Tuesday 9 March



Time	Session	Facility	Level
9:30 am - 10:25 am	Aerobics	dance studio	
10:30 am - 11:25 am	Barre Concept	dance studio	
6:15 pm - 7:00 pm	Coach by Colour Indoor Cycling	indoor cycling studio	
7:30 pm - 8:25 pm	Legs, Bums & Tums	dance studio	