

myride programme

Bexhill Leisure Centre

Accurate as of 14/05/2024

Times for Saturday 13 March			
Time	Session	Facility	Level
9:00 am - 9:55 am	Legs, Bums & Tums	dance studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
10:00 am - 10:55 am	Fitness Yoga	mind & body studio	