

myride programme

Bexhill Leisure Centre

Accurate as of 28/01/2022

Times for Wednesday 8 December



Time	Session	Facility	Level
7:30 am - 8:25 am	yoga flow	mind & body studio	
9:00 am - 9:55 am	active 4 life	dance studio	
10:00 am - 10:55 am	fitness pilates	mind & body studio	
6:30 pm - 7:25 pm	freedom pump	dance studio	
7:30 pm - 8:25 pm	Aerobics	dance studio	
7:30 pm - 8:25 pm	yoga	mind & body studio	