

myride programme

Bexhill Leisure Centre

Accurate as of 20/04/2024

Times for Thursday 16 December



| Time | Session | Facility | Level |
|--------------------|-------------------------|-----------------------|-------|
| 8:30 am - 9:25 am | Fitness Pilates | mind & body studio | |
| 9:30 am - 10:25 am | Total Body Conditioning | dance studio | |
| 7:00 pm - 7:45 pm | Freedom Indoor Cycling | indoor cycling studio | |
| 7:00 pm - 7:55 pm | Fitness Yoga | dance studio | |