

myride programme

Bexhill Leisure Centre

Accurate as of 03/07/2025

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	