

myride programme

Bexhill Leisure Centre

Accurate as of 13/08/2022

Times for Monday 24 January



Time	Session	Facility	Level
6:45 am - 7:30 am	Freedom Indoor Cycling & Circuits	indoor cycling studio	
9:00 am - 9:55 am	Freedom Pump	dance studio	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	
10:15 am - 11:10 am	Freedom Step	dance studio	
11:30 am - 12:25 pm	Yoga	mind & body studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:30 pm - 8:25 pm	Freedom Pump	dance studio	
7:30 pm - 8:25 pm	Fitness Pilates	mind & body studio	