

# myride programme

## Bexhill Leisure Centre

Accurate as of 02/07/2022

### Times for Friday 28 January



Time	Session	Facility	Level
6:45 am - 7:30 am	Freedom Indoor Cycling	indoor cycling studio	
9:00 am - 9:55 am	Active 4 Life	dance studio	
9:00 am - 10:00 am	Pilates	mind & body studio	
10:00 am - 10:55 am	Legs, Bums & Tums	dance studio	
12:30 pm - 1:25 pm	Yoga	mind & body studio	
6:35 pm - 7:30 pm	Freedom Step	dance studio	
7:30 pm - 8:25 pm	Barre Concept	dance studio	