

myride programme

Bexhill Leisure Centre

Accurate as of 02/07/2022

Times for Saturday 29 January



Time	Session	Facility	Level
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:25 am	Legs, Bums & Tums	dance studio	
10:30 am - 11:25 am	Fitness Yoga	mind & body studio	