

# myride programme

## Bexhill Leisure Centre

Accurate as of 02/07/2022

### Times for Wednesday 2 February



Time	Session	Facility	Level
7:30 am - 8:25 am	Yoga Flow (Cancelled)	mind & body studio	
9:00 am - 9:55 am	Active 4 Life	dance studio	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	
6:30 pm - 7:25 pm	Freedom Pump	dance studio	
7:30 pm - 8:25 pm	Aerobics	dance studio	
7:30 pm - 8:25 pm	Yoga	mind & body studio	