

myride programme

Bexhill Leisure Centre

Accurate as of 04/05/2024

Times for Sunday 28 April



Time	Session	Facility	Level
8:15 am - 8:45 am	MyRide Tour	indoor cycling studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
10:00 am - 11:00 am	Freedom Circuits	dance studio	
10:30 am - 11:15 am	MyRide Studio	indoor cycling studio	
12:00 pm - 12:45 pm	MyRide Tour	indoor cycling studio	
1:00 pm - 1:45 pm	MyRide Tour	indoor cycling studio	
2:00 pm - 2:50 pm	MyRide Studio	indoor cycling studio	
3:00 pm - 3:30 pm	MyRide Tour	indoor cycling studio	
4:00 pm - 4:30 pm	MyRide Studio	indoor cycling studio	