

# myride programme

## Bexhill Leisure Centre

Accurate as of 04/05/2024

### Times for Monday 29 April



Time	Session	Facility	Level
8:00 am - 8:45 am	MyRide Studio	indoor cycling studio	
9:00 am - 9:55 am	Freedom Pump	dance studio	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	
10:00 am - 10:55 am	Fitball	dance studio	
10:30 am - 11:15 am	Body Blast & Abs	Gym (205046)	
11:30 am - 12:25 pm	Yoga	mind & body studio	
1:00 pm - 1:20 pm	MyRide Drill	indoor cycling studio	
1:30 pm - 1:50 pm	MyRide Drill	indoor cycling studio	
2:00 pm - 2:45 pm	MyRide Tour	indoor cycling studio	
3:00 pm - 3:45 pm	MyRide Tour	indoor cycling studio	
4:00 pm - 4:45 pm	MyRide Tour	indoor cycling studio	
5:00 pm - 5:30 pm	MyRide Studio	indoor cycling studio	
6:00 pm - 6:30 pm	Freedom Indoor Cycling	indoor cycling studio	
6:30 pm - 7:25 pm	Boxercise	dance studio	
6:30 pm - 7:25 pm	Pilates	mind & body studio	
7:30 pm - 8:25 pm	Freedom Pump	dance studio	