

# myride programme

## Bexhill Leisure Centre

Accurate as of 19/05/2024

### Times for Tuesday 30 April



Time	Session	Facility	Level
7:00 am - 7:30 am	MyRide Studio	indoor cycling studio	
8:30 am - 9:25 am	Yoga Flow	mind & body studio	
9:30 am - 10:25 am	Aerobics	dance studio	
10:00 am - 10:45 am	Body Blast & Abs	Gym (205046)	
10:30 am - 11:25 am	Barre Concept	dance studio	
5:00 pm - 5:30 pm	MyRide Tour	indoor cycling studio	
6:15 pm - 7:00 pm	Coach by Colour Indoor Cycling	indoor cycling studio	
6:30 pm - 7:30 pm	Freedom Circuits	dance studio	
7:30 pm - 8:25 pm	Legs, Bums & Tums	dance studio	
8:30 pm - 9:00 pm	MyRide Tour	indoor cycling studio	