

myride programme

Bexhill Leisure Centre

Accurate as of 20/05/2024

Times for Wednesday 1 May



Time	Session	Facility	Level
6:45 am - 7:15 am	MyRide Studio	indoor cycling studio	
7:30 am - 8:25 am	Yoga Flow	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	
11:00 am - 11:45 am	50+ Chair Aerobics	mind & body studio	
5:00 pm - 5:30 pm	MyRide Studio	indoor cycling studio	
5:45 pm - 6:40 pm	Aerobics	dance studio	
6:00 pm - 6:50 pm	MyRide Studio	indoor cycling studio	
6:45 pm - 7:40 pm	Freedom Pump	dance studio	
7:15 pm - 8:00 pm	HIIT Cardio	Gym (205046)	
8:30 pm - 9:00 pm	MyRide Tour	indoor cycling studio	