

# myride programme

## Bexhill Leisure Centre

Accurate as of 19/05/2024

### Times for Thursday 2 May



Time	Session	Facility	Level
7:00 am - 7:30 am	MyRide Studio	indoor cycling studio	
8:30 am - 9:25 am	Fitness Pilates	mind & body studio	
9:30 am - 10:25 am	Total Body Conditioning	dance studio	
10:00 am - 10:45 am	HIIT Conditioning	Gym (205046)	
10:30 am - 11:15 am	Freedom Indoor Cycling	indoor cycling studio	
5:00 pm - 5:45 pm	MyRide Tour	indoor cycling studio	
6:00 pm - 6:55 pm	Boxercise	dance studio	
6:15 pm - 7:00 pm	Kettlebells	mind & body studio	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 7:55 pm	Fitness Yoga	dance studio	