

# exercise class programme

## Bexhill Leisure Centre

Accurate as of 29/04/2024

### Times for Tuesday 2 March



Time	Session	Facility	Instructor	Level
9:30 am - 10:25 am	Aerobics	dance studio	Molly	
10:30 am - 11:25 am	Barre Concept	dance studio	Molly	
6:15 pm - 7:00 pm	Coach by Colour Indoor Cycling	indoor cycling studio	Alex	
7:30 pm - 8:25 pm	Legs, Bums & Tums	dance studio	Rose	