

# exercise class programme

## Bexhill Leisure Centre

Accurate as of 25/04/2024

### Times for Thursday 11 March



Time	Session	Facility	Instructor	Level
8:30 am - 9:25 am	Fitness Pilates	mind & body studio	Molly	
9:30 am - 10:25 am	Total Body Conditioning	dance studio	Molly	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	indoor cycling studio	Nikki	
7:00 pm - 7:55 pm	Fitness Yoga	dance studio	Kate	