

exercise class programme

Bexhill Leisure Centre

Accurate as of 17/05/2025

Times for Monday 20 September



Time	Session	Facility	Instructor	Level
9:00 am - 9:55 am	Freedom Pump	dance studio	Kate	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	Kate	
10:00 am - 10:55 am	Fitball	dance studio	Rose	
11:30 am - 12:25 pm	Yoga	mind & body studio	Sarah	
6:00 pm - 6:30 pm	Freedom Indoor Cycling	indoor cycling studio	Lynne	
7:35 pm - 8:30 pm	Freedom Pump	dance studio	Lynne	