

exercise class programme

Bexhill Leisure Centre

Accurate as of 18/04/2024

Times for Tuesday 21 September



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	