exercise class programme
Bexhill Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 22 September

Time	Session	Facility	Instructor	Level
7:30 am - 8:25 am	Yoga Flow	mind & body studio	Maryann	
9:00 am - 9:55 am	Active 4 Life	dance studio	Kate	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	Kate	
5:45 pm - 6:40 pm	Freedom Pump	dance studio	Kate	