

exercise class programme

Bexhill Leisure Centre

Accurate as of 05/05/2024

Times for Friday 24 September				
Time	Session	Facility	Instructor	Level
6:45 am - 7:30 am	Freedom Indoor Cycling	indoor cycling studio	Louise	
9:00 am - 9:55 am	Active 4 Life	dance studio	Kate	
9:00 am - 10:00 am	Pilates	mind & body studio	Lynne	
10:00 am - 10:55 am	Legs, Bums & Tums (Cancelled)	dance studio	Kate	
6:35 pm - 7:30 pm	Freedom Step	dance studio	Rose	
7:30 pm - 8:25 pm	Barre Concept	dance studio	Lisa E	