

exercise class programme

Bexhill Leisure Centre

Accurate as of 29/04/2024

Times for Saturday 25 September				
Time	Session	Facility	Instructor	Level
9:00 am - 9:55 am	Legs, Bums & Tums	dance studio	Kate	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	Lynne	
10:00 am - 10:55 am	Fitness Yoga	mind & body studio	Kate	