

exercise class programme

Bexhill Leisure Centre

Accurate as of 14/05/2024

Times for Monday 25 March



Time	Session	Facility	Instructor	Level
8:00 am - 8:45 am	MyRide Studio	indoor cycling studio		
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	
10:30 am - 11:15 am	Body Blast & Abs	Gym (205046)	Jack	
11:30 am - 12:25 pm	Yoga	mind & body studio	Sarah	
1:00 pm - 1:20 pm	MyRide Drill	indoor cycling studio		
1:30 pm - 1:50 pm	MyRide Drill	indoor cycling studio		
2:00 pm - 2:45 pm	MyRide Tour	indoor cycling studio		
3:00 pm - 3:45 pm	MyRide Tour	indoor cycling studio		
4:00 pm - 4:45 pm	MyRide Tour	indoor cycling studio		
5:00 pm - 5:30 pm	MyRide Studio	indoor cycling studio		
6:00 pm - 6:30 pm	Freedom Indoor Cycling	indoor cycling studio	Lynne	
6:30 pm - 7:25 pm	Boxercise	dance studio	Iva	
6:30 pm - 7:25 pm	Pilates	mind & body studio	Lynne	
7:30 pm - 8:25 pm	Freedom Pump	dance studio	Kate	