

# exercise class programme

## Bexhill Leisure Centre

Accurate as of 14/05/2024

### Times for Friday 29 March



| Time                | Session                            | Facility              | Instructor | Level |
|---------------------|------------------------------------|-----------------------|------------|-------|
| 6:45 am - 7:30 am   | Freedom Indoor Cycling (Cancelled) | indoor cycling studio | Louise     |       |
| 8:00 am - 8:50 am   | MyRide Studio                      | indoor cycling studio |            |       |
| 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                  | dance studio          | Kate       |       |
| 10:15 am - 10:45 am | MyRide Tour                        | indoor cycling studio |            |       |
| 11:00 am - 11:55 am | Yoga                               | mind & body studio    | Karolina   |       |
| 2:00 pm - 2:45 pm   | MyRide Tour (Cancelled)            | indoor cycling studio |            |       |
| 3:00 pm - 3:45 pm   | MyRide Tour (Cancelled)            | indoor cycling studio |            |       |
| 4:00 pm - 4:45 pm   | MyRide Tour (Cancelled)            | indoor cycling studio |            |       |
| 5:00 pm - 5:30 pm   | MyRide Studio (Cancelled)          | indoor cycling studio |            |       |
| 6:00 pm - 6:45 pm   | HIIT Strength (Cancelled)          | Gym (205046)          | Laura      |       |
| 6:00 pm - 6:50 pm   | MyRide Studio (Cancelled)          | indoor cycling studio |            |       |
| 6:35 pm - 7:30 pm   | Freedom Step (Cancelled)           | dance studio          | Rose       |       |
| 7:00 pm - 7:30 pm   | MyRide Tour (Cancelled)            | indoor cycling studio |            |       |
| 7:30 pm - 8:25 pm   | Barre Concept (Cancelled)          | dance studio          | Lisa E     |       |