

exercise class programme

Bexhill Leisure Centre

Accurate as of 01/05/2024

Times for Saturday 30 March



Time	Session	Facility	Instructor	Level
8:15 am - 8:45 am	MyRide Tour	indoor cycling studio		
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	
12:00 pm - 12:45 pm	MyRide Tour	indoor cycling studio		
1:00 pm - 1:50 pm	MyRide Studio	indoor cycling studio		
2:00 pm - 2:45 pm	MyRide Tour	indoor cycling studio		
3:00 pm - 3:30 pm	MyRide Studio	indoor cycling studio		
4:00 pm - 4:30 pm	MyRide Tour	indoor cycling studio		