

# exercise class programme

## Bexhill Leisure Centre

Accurate as of 15/05/2024

### Times for Sunday 7 April



Time	Session	Facility	Instructor	Level
8:15 am - 8:45 am	MyRide Tour	indoor cycling studio		
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	Bobbi	
10:00 am - 11:00 am	Freedom Circuits	dance studio	Bobbi	
10:30 am - 11:15 am	MyRide Studio	indoor cycling studio		
12:00 pm - 12:45 pm	MyRide Tour	indoor cycling studio		
1:00 pm - 1:45 pm	MyRide Tour	indoor cycling studio		
2:00 pm - 2:50 pm	MyRide Studio	indoor cycling studio		
3:00 pm - 3:30 pm	MyRide Tour	indoor cycling studio		
4:00 pm - 4:30 pm	MyRide Studio	indoor cycling studio		