

exercise class programme

Bexhill Leisure Centre

Accurate as of 09/05/2024

Times for Wednesday 8 May



Time	Session	Facility	Instructor	Level
6:45 am - 7:15 am	MyRide Studio	indoor cycling studio		
7:30 am - 8:25 am	Yoga Flow	mind & body studio	Maryann	
9:00 am - 9:55 am	Active 4 Life	dance studio	Kate	
10:00 am - 10:55 am	Fitness Pilates	mind & body studio	Kate	
11:00 am - 11:45 am	50+ Chair Aerobics	mind & body studio	Kate	
5:00 pm - 5:30 pm	MyRide Studio	indoor cycling studio		
5:45 pm - 6:40 pm	Aerobics	dance studio	Molly	
6:00 pm - 6:50 pm	MyRide Studio	indoor cycling studio		
6:45 pm - 7:40 pm	Freedom Pump	dance studio	Molly	
7:15 pm - 8:00 pm	HIIT Cardio	Gym (205046)	Laura	
8:30 pm - 9:00 pm	MyRide Tour	indoor cycling studio		