

exercise class programme

Bexhill Leisure Centre

Accurate as of 20/05/2024

Times for Thursday 9 May



Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	MyRide Studio	indoor cycling studio		
8:30 am - 9:25 am	Fitness Pilates	mind & body studio	Molly	
9:30 am - 10:25 am	Total Body Conditioning	dance studio	Molly	
10:00 am - 10:45 am	HIIT Conditioning	Gym (205046)	Jack	
10:30 am - 11:15 am	Freedom Indoor Cycling	indoor cycling studio	Bobbi	
5:00 pm - 5:45 pm	MyRide Tour	indoor cycling studio		
6:00 pm - 6:55 pm	Boxercise	dance studio	Iva	
6:15 pm - 7:00 pm	Kettlebells	mind & body studio	Nikki	
7:00 pm - 7:45 pm	Freedom Indoor Cycling	indoor cycling studio	Nikki	
7:00 pm - 7:55 pm	Fitness Yoga	dance studio	Kate	