

exercise class programme

Bexhill Leisure Centre

Accurate as of 20/05/2024

Times for Friday 10 May



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