


# group exercise programme

## Portslade Sports Centre

Accurate as of 21/05/2024

Times for Monday 22 April				
Time	Session	Facility	Level	
9:00 am - 9:45 am	Dance Fitness	dance studio	all levels	
9:45 am - 10:30 am	Legs, Bums & Tums	dance studio	beginner / intermediate	
10:40 am - 11:40 am	Pilates	dance studio	all levels	
6:15 pm - 7:05 pm	Freedom Circuits	dance studio	all levels	
7:05 pm - 7:50 pm	Core Plus	dance studio	all levels	