

exercise class programme

Hailsham Leisure Centre

Accurate as of 03/05/2024

Times for Monday 1 June



Time	Session	Facility	Instructor	Level
6:45 am - 7:05 am	MyRide Drill	myride studio	virtual instructor	all levels
7:15 am - 7:45 am	Ignite Conditioning	Gym	Various	all levels
7:30 am - 8:30 am	MyRide Coach	myride studio	virtual instructor	all levels
8:30 am - 9:00 am	MyRide Tour	myride studio	virtual instructor	all levels
9:30 am - 10:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Kettlebells	studio 2	Mat	all levels
9:30 am - 10:25 am	Legs, Bums & Tums	studio 3	Jane	all levels
9:30 am - 10:25 am	Yoga	studio 1		beginner
10:30 am - 10:50 am	MyRide Drill	myride studio	virtual instructor	all levels
10:30 am - 11:25 am	Body Pump	studio 3	Jane	all levels
10:30 am - 11:25 am	Zumba	studio 1	Rachel	all levels
10:30 am - 11:45 am	Yoga	studio 2		improvers
11:30 am - 12:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
11:30 am - 12:25 pm	Body Balance	studio 3	Jane	all levels
12:15 pm - 1:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
1:00 pm - 1:20 pm	MyRide Drill	myride studio	virtual instructor	all levels
2:00 pm - 3:00 pm	MyRide Tour	myride studio	virtual instructor	all levels

Time	Session	Facility	Instructor	Level
3:15 pm - 3:45 pm	MyRide Coach	myride studio	virtual instructor	all levels
4:00 pm - 4:30 pm	MyRide Tour	myride studio	virtual instructor	all levels
5:00 pm - 6:00 pm	MyRide Coach	myride studio	virtual instructor	all levels
6:00 pm - 6:45 pm	RPM	indoor cycling	Max	fat burn
6:00 pm - 6:55 pm	Pilates	studio 3	Annalee	beginner / intermediate
6:00 pm - 6:55 pm	Body Combat	studio 1	Jane	all levels
6:00 pm - 6:55 pm	Zumba	studio 2	Rachel	all levels
7:00 pm - 7:30 pm	MyRide Coach	myride studio	virtual instructor	all levels
7:00 pm - 7:55 pm	Body Balance	studio 2	Jane	all levels
7:00 pm - 7:55 pm	Freedom Circuits	studio 1	Mat	
7:00 pm - 7:55 pm	Body Pump	studio 3	Annalee	all levels
7:30 pm - 8:30 pm	Box Fit	Soft Play Area (196344)	Chris	all levels
7:45 pm - 8:15 pm	MyRide Tour	myride studio	virtual instructor	all levels
8:30 pm - 9:30 pm	MyRide Tour	myride studio	virtual instructor	all levels