

exercise class programme

Hailsham Leisure Centre

Accurate as of 23/04/2024

Times for Friday 5 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 - 8:00 am	MyRide Tour	myride studio	virtual instructor	all levels
9:00 am - 9:30 am	Body Balance	studio 2	Jane	all levels
9:30 am - 10:00 am	Freedom Indoor Cycling	indoor cycling	Max	all levels
9:30 am - 10:25 am	Body Pump	studio 3	Jane	all levels
9:30 am - 10:25 am	Total Body Conditioning	studio 2	Kelly	
9:30 am - 10:25 am	Active 4 Life	studio 1	mel	
10:00 am - 10:30 am	Kettlebells	indoor cycling	Mat	all levels
10:30 am - 11:00 am	MyRide Drill	myride studio	virtual instructor	all levels
10:30 am - 11:25 am	Body Combat	studio 1	Jane	all levels
10:30 am - 11:25 am	Yoga	studio 2		beginner / intermediate
10:30 am - 11:30 am	Fitball	studio 3	Kelly	
11:00 am - 11:45 am	Water Therapy	indoor pool (25m)	mel	
11:00 am - 11:55 am	Aqua Rehab Course	indoor pool (25m)	Vicky	beginner
11:30 am - 12:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
11:30 am - 12:25 pm	Pilates	studio 1	Annalee	all levels
12:15 pm - 12:45 pm	MyRide Tour	myride studio	virtual instructor	all levels
1:00 pm - 1:30 pm	MyRide Coach	myride studio	virtual instructor	all levels
2:00 pm - 3:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
3:15 pm - 3:45 pm	MyRide Coach	myride studio	virtual instructor	all levels

Time	Session	Facility	Instructor	Level
4:00 pm - 4:30 pm	MyRide Tour	myride studio	virtual instructor	
5:00 pm - 6:00 pm	MyRide Coach	myride studio	virtual instructor	
6:00 pm - 6:30 pm	Kettlebells	studio 1		all levels
6:15 pm - 6:45 pm	MyRide Coach	myride studio	virtual instructor	
6:30 pm - 7:00 pm	Metafit	studio 1		all levels
7:00 pm - 8:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
8:30 pm - 9:30 pm	MyRide Tour	myride studio	virtual instructor	