

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 23/04/2024

### Times for Sunday 7 June



Time	Session	Facility	Instructor	Level
8:00 am - 8:30 am	MyRide Tour	myride studio	virtual instructor	all levels
9:00 am - 9:45 am	RPM	indoor cycling	Max	beginner / intermediate
9:00 am - 9:55 am	Body Combat	studio 1	Kelly	all levels
9:30 am - 10:00 am	Ignite Conditioning	Gym	Various	all levels
10:00 am - 10:55 am	Body Balance	studio 1	Kelly	all levels
10:00 am - 10:55 am	Body Pump	studio 3	Max	all levels
11:00 am - 12:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
1:00 pm - 2:00 pm	MyRide Tour	myride studio	virtual instructor	all levels
3:00 pm - 4:00 pm	MyRide Coach	myride studio	virtual instructor	all levels
4:00 pm - 5:00 pm	MyRide Tour	myride studio	virtual instructor	all levels