

exercise class programme

Hailsham Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 11 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 - 8:15 am	MyRide Tour	myride studio	virtual instructor	all levels
8:30 am - 9:00 am	MyRide Coach	myride studio	virtual instructor	all levels
9:30 am - 10:25 am	Body Balance	studio 3	Jane	all levels
9:30 am - 10:25 am	Freedom Step	studio 2	Rachel	all levels
9:30 am - 10:25 am	Active 4 Life	studio 1		
9:30 am - 10:30 am	Freedom Indoor Cycling	indoor cycling	Mat	all levels
10:30 am - 10:50 am	MyRide Drill	myride studio	virtual instructor	all levels
10:30 am - 11:25 am	Rehab Pilates	studio 2	Andrea	beginner
10:30 am - 11:25 am	Body Combat	studio 3	Jane	
10:30 am - 11:25 am	Pilates	studio 1	Kelly	all levels
11:00 am - 11:45 am	Aqua Aerobics	indoor pool (25m)	Hannah	all levels
11:30 am - 12:00 pm	MyRide Tour	myride studio	virtual instructor	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
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
5:30 pm - 6:00 pm	Express Core	studio 1	Jane	all levels

Time	Session	Facility	Instructor	Level
6:00 pm - 6:45 pm	RPM	indoor cycling	Max	
6:00 pm - 6:55 pm	Body Pump	studio 3	Annalee	all levels
6:00 pm - 6:55 pm	Body Balance	studio 1	Jane	all levels
7:00 pm - 7:55 pm	Freedom Circuits	studio 1		all levels
7:00 pm - 7:55 pm	Strength & Conditioning	studio 3	Jane	
7:15 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