

exercise class programme

Hailsham Leisure Centre

Accurate as of 28/04/2024

Times for Friday 12 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 | |