

exercise class programme

Hailsham Leisure Centre

Accurate as of 28/04/2024

Times for Saturday 13 June



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|----------------|--------------------|------------|
| 8:15 am - 9:00 am | Freedom Indoor Cycling | indoor cycling | Max | all levels |
| 8:30 am - 9:00 am | Ignite Conditioning | Gym | Various | all levels |
| 9:15 am - 10:10 am | Body Pump | studio 3 | Max | all levels |
| 9:30 am - 10:30 am | MyRide Tour | myride studio | virtual instructor | all levels |
| 10:00 am - 10:55 am | Zumba | studio 1 | Rachel | all levels |
| 10:15 am - 11:10 am | Body Balance | 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 |
| 5:30 pm - 6:00 pm | MyRide Tour | myride studio | virtual instructor | all levels |
| 6:30 pm - 7:00 pm | MyRide Tour | myride studio | virtual instructor | all levels |