

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 02/05/2024

### Times for Friday 19 April



Time	Session	Facility	Instructor	Level
6:45 am - 7:00 am	MyRide Drill	myride studio	virtual instructor	all levels
7:00 am - 7:30 am	Ignite Conditioning	Gym	Various	all levels
7:00 am - 7:45 am	Body Pump	studio 3	Annalee	all levels
7:30 am - 8:00 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	Core	studio 3	Jane	all levels
9:00 am - 9:45 am	Freedom Indoor Cycling	indoor cycling	Mat	all levels
9:30 am - 10:25 am	Clubbercise	studio 1	Annalee	all levels
9:30 am - 10:25 am	Body Pump	studio 3	Jane	all levels
10:00 am - 10:30 am	Kettlebells	studio 2	Mat	all levels
10:30 am - 11:00 am	MyRide Coach	myride studio	virtual instructor	all levels
10:30 am - 11:25 am	Active 4 Life	studio 1	Annalee	all levels
10:30 am - 11:25 am	Body Combat	studio 3	Jane	all levels
10:30 am - 11:25 am	Body Conditioning	studio 3	Rachel	all levels
11:30 am - 12:00 pm	MyRide Coach	myride studio	virtual instructor	all levels
11:30 am - 12:15 pm	Aqua Aerobics	indoor pool (25m)	mel	all levels
11:30 am - 12:15 pm	Aqua Rehab	indoor pool (25m)	Vicky	beginner
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 Tour	myride studio	virtual instructor	all levels
2:00 pm - 3:00 pm	MyRide Tour	myride studio	virtual instructor	all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
3:15 pm - 3:45 pm	MyRide Tour	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 Tour	myride studio	virtual instructor	all levels
6:00 pm - 6:30 pm	HIIT	Gym	Mat	all levels
7:00 pm - 8:00 pm	MyRide Tour	myride studio	virtual instructor	all levels