

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 02/05/2024

### Times for Saturday 20 April



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	RPM	indoor cycling	Max	all levels
9:00 am - 9:55 am	Clubbercise	studio 1	Rachel	all levels
9:30 am - 10:25 am	Les Mills STRENGTH DEVELOPMENT	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
10:30 am - 11:25 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
5:30 pm - 6:00 pm	MyRide Tour	myride studio	virtual instructor	all levels