

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 02/05/2024

### Times for Sunday 21 April



Time	Session	Facility	Instructor	Level
8:00 am - 8:30 am	MyRide Tour	myride studio	virtual instructor	all levels
8:45 am - 9:40 am	RPM	indoor cycling	Max	all levels
10:00 am - 10:55 am	Body Pump	studio 3	Max	all levels
11:00 am - 11:55 am	Les Mills SHAPES	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 - 4:45 pm	MyRide Tour	myride studio	virtual instructor	all levels