

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 02/05/2024

### Times for Tuesday 23 April



Time	Session	Facility	Instructor	Level
6:45 am - 7:00 am	MyRide Drill	myride studio	virtual instructor	
7:00 am - 7:30 am	Ignite Conditioning	Gym	Various	all levels
7:30 am - 8:00 am	Ignite Conditioning	Gym	Various	all levels
7:30 am - 8:30 am	MyRide Coach	myride studio	virtual instructor	
8:30 am - 9:00 am	MyRide Tour	myride studio	virtual instructor	
9:30 am - 10:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Active 4 Life	studio 1	mel	all levels
9:30 am - 10:25 am	Pilates	studio 3	Kelly	all levels
9:30 am - 10:25 am	Body Conditioning	studio 2	Rachel	all levels
10:30 am - 10:45 am	MyRide Drill	myride studio	virtual instructor	all levels
10:30 am - 11:15 am	Aqua Aerobics	indoor pool (25m)	mel	all levels
10:30 am - 11:25 am	Les Mills STRENGTH DEVELOPMENT	studio 3	Rachel	all levels
10:30 am - 11:25 am	Body Balance	studio 1	Max	all levels
10:30 am - 11:25 am	Body Combat	studio 2	Kelly	all levels
11:00 am - 11:30 am	MyRide Tour	myride studio	virtual instructor	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
4:00 pm - 4:30 pm	MyRide Tour	myride studio	virtual instructor	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	myride studio		all levels

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
6:00 pm - 6:55 pm	Body Pump	studio 3	Jane	all levels
6:00 pm - 6:55 pm	Clubbercise	studio 1	Annalee	all levels
6:00 pm - 6:55 pm	Kettlebells	studio 2	Max	all levels
7:00 pm - 7:30 pm	Metafit	studio 1	Max	all levels
7:00 pm - 7:55 pm	Step Conditioning	studio 3	Jane	all levels
7:00 pm - 7:55 pm	Pilates	studio 2	Annalee	all levels
7:15 pm - 8:00 pm	Aqua Aerobics	indoor pool (25m)	Hannah	all levels
7:30 pm - 8:00 pm	Stretch and Flex	studio 2	Max	all levels