exercise class programme
Hailsham Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 9 December

Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	Ignite Conditioning	Gym	Various	all levels
7:30 am - 8:00 am	Ignite Conditioning	Gym	Various	all levels
9:30 am - 10:25 am	Freedom Circuits	Gym	Mat	all levels
9:30 am - 10:25 am	Body Balance	studio 1	Jane	all levels
9:30 am - 10:25 am	Freedom Step	studio 3	Rachel	all levels
9:30 am - 10:25 am	Les Mills SHAPES	studio 2	Kelly	all levels
10:30 am - 11:15 am	Pilates	studio 1	Kelly	all levels
10:30 am - 11:25 am	Rehab Pilates	studio 2	Andrea	all levels
10:30 am - 11:25 am	Body Pump	studio 3	Jane	all levels
11:30 am - 12:25 pm	Zumba	studio 1	Kelly	all levels
6:00 pm - 6:45 pm	RPM	indoor cycling	Max	all levels
6:00 pm - 6:55 pm	Les Mills SHAPES	studio 1	Annalee	all levels
6:00 pm - 6:55 pm	Les Mills STRENGTH DEVELOPMENT	studio 3	Kelly	all levels
7:00 pm - 7:55 pm	Freedom Circuits	studio 3	Max	all levels