

exercise class programme

Hailsham Leisure Centre

Accurate as of 01/05/2024

Times for Wednesday 15 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	Zumba	studio 1	Rachel	all levels
9:30 am - 10:25 am	Yoga	studio 3	Safia	all levels
9:30 am - 10:25 am	Kettlebells	studio 2	Mat	all levels
10:30 am - 11:15 am	GP Referral Aqua	indoor pool (25m)	Vicky	all levels
10:30 am - 11:25 am	Les Mills Dance	studio 1	Rachel	all levels
10:30 am - 11:25 am	Body Balance	studio 2	Max	all levels
10:30 am - 11:25 am	Les Mills STRENGTH DEVELOPMENT	studio 3	Annalee	all levels
11:20 am - 12:05 pm	Aqua Aerobics	indoor pool (25m)	Vicky	all levels
11:30 am - 12:25 pm	Pilates	studio 1	Annalee	all levels
6:00 pm - 6:55 pm	Pilates	studio 2	Annalee	all levels
6:00 pm - 6:55 pm	Les Mills Dance	studio 1	Rachel	all levels
6:00 pm - 6:55 pm	Body Pump	studio 3	Kelly W	all levels
7:00 pm - 7:30 pm	Pure Core	studio 2	Annalee	all levels
7:00 pm - 7:55 pm	Body Combat	studio 1	Kelly W	all levels
7:30 pm - 8:00 pm	Body Balance	studio 2	Annalee	all levels