

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 01/05/2024

### Times for Saturday 18 December



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
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