

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 01/05/2024

### Times for Sunday 19 December



Time	Session	Facility	Instructor	Level
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