

exercise class programme

Hailsham Leisure Centre

Accurate as of 20/05/2024

Times for Friday 3 May



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|-------------------|--------------------|------------|
| 6:45 am - 7:00 am | MyRide Drill | myride studio | virtual instructor | all levels |
| 7:00 am - 7:30 am | Ignite Conditioning | Gym | Various | all levels |
| 7:00 am - 7:45 am | Body Pump | studio 3 | Annalee | all levels |
| 7:30 am - 8:00 am | Ignite Conditioning | Gym | Various | all levels |
| 7:30 am - 8:00 am | MyRide Tour | myride studio | virtual instructor | all levels |
| 9:00 am - 9:30 am | Core | studio 3 | Jane | all levels |
| 9:00 am - 9:45 am | Freedom Indoor Cycling | indoor cycling | Mat | all levels |
| 9:30 am - 10:25 am | Clubbercise | studio 1 | Annalee | all levels |
| 9:30 am - 10:25 am | Body Pump | studio 3 | Jane | all levels |
| 10:00 am - 10:30 am | Kettlebells | studio 2 | Mat | all levels |
| 10:30 am - 11:00 am | MyRide Coach | myride studio | virtual instructor | all levels |
| 10:30 am - 11:25 am | Active 4 Life | studio 1 | Annalee | all levels |
| 10:30 am - 11:25 am | Body Combat | studio 3 | Jane | all levels |
| 10:30 am - 11:25 am | Body Conditioning | studio 3 | Rachel | all levels |
| 11:30 am - 12:00 pm | MyRide Coach | myride studio | virtual instructor | all levels |
| 11:30 am - 12:15 pm | Aqua Aerobics | indoor pool (25m) | mel | all levels |
| 11:30 am - 12:15 pm | Aqua Rehab | indoor pool (25m) | Vicky | beginner |
| 11:30 am - 12:25 pm | Pilates | studio 1 | Annalee | all levels |
| 12:15 pm - 12:45 pm | MyRide Tour | myride studio | virtual instructor | all levels |
| 1:00 pm - 1:30 pm | MyRide Tour | myride studio | virtual instructor | all levels |
| 2:00 pm - 3:00 pm | MyRide Tour | myride studio | virtual instructor | all levels |

| Time | Session | Facility | Instructor | Level |
|-------------------|----------------|-----------------|--------------------|--------------|
| 3:15 pm - 3:45 pm | MyRide Tour | myride studio | virtual instructor | all levels |
| 4:00 pm - 4:30 pm | MyRide Tour | myride studio | virtual instructor | all levels |
| 5:00 pm - 6:00 pm | MyRide Tour | myride studio | virtual instructor | all levels |
| 6:00 pm - 6:30 pm | HIIT | Gym | Mat | all levels |
| 7:00 pm - 8:00 pm | MyRide Tour | myride studio | virtual instructor | all levels |