

# exercise class programme

## Hailsham Leisure Centre

Accurate as of 30/05/2026

### Times for Saturday 27 September



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Les Mills STRENGTH DEVELOPMENT	studio 3	Max	all levels
9:30 am - 10:25 am	Zumba	studio 1	Various	all levels
10:30 am - 11:25 am	Body Balance	studio 3	Max	all levels