

exercise class programme

Hailsham Leisure Centre

Accurate as of 06/05/2026

Times for Monday 4 May



Time	Session	Facility	Instructor	Level
8:00 am - 8:30 am	Ignite Conditioning	Gym	Various	all levels
8:30 am - 9:00 am	Ignite Conditioning	Gym	Various	all levels
8:30 am - 9:25 am	Active 4 Life	studio 1	Rachel	all levels
9:30 am - 10:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Kettlebells	studio 2	Various	all levels
9:30 am - 10:25 am	Legs, Bums & Tums	studio 3	Rachel	all levels
9:30 am - 10:25 am	Les Mills SHAPES	studio 1	Annalee	all levels
10:30 am - 11:25 am	Zumba	studio 1	Rachel	all levels
10:30 am - 11:25 am	Fitness Yoga	studio 2	Kelly	all levels
10:30 am - 11:25 am	Body Pump	studio 3	Annalee	all levels
11:30 am - 12:25 pm	Body Balance	studio 2	Annalee	all levels