exercise class programme

Hailsham Leisure Centre

Accurate as of 02/11/2026

Times for Monday 2 November

Time	Session	Facility	Instructor	Level
7:00 am - 7:30 am	Ignite Conditioning	Gym	Various	all levels
7:30 am - 8:00 am	Ignite Conditioning	Gym	Various	all levels
8:30 am - 9:25 am	Active 4 Life	studio 1	Jane	all levels
9:30 am - 10:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Legs, Bums & Tums	studio 3	Jane	all levels
9:30 am - 10:25 am	Kettlebells	studio 2	Various	all levels
9:30 am - 10:25 am	Les Mills SHAPES	studio 1	Rachel	all levels
10:30 am - 11:25 am	Zumba	studio 1	Rachel	all levels
10:30 am - 11:25 am	Body Pump	studio 3	Jane	all levels
10:30 am - 11:25 am	Fitness Yoga	studio 2	Kelly	all levels
11:30 am - 12:25 pm	Body Balance	studio 2	Annalee	all levels
6:00 pm - 6:45 pm	RPM	indoor cycling	Max	all levels
6:00 pm - 6:55 pm	Body Combat	studio 3	Kelly W	all levels
6:00 pm - 6:55 pm	Body Conditioning	studio 2	Jane	all levels
6:00 pm - 6:55 pm	Diva Dance	studio 3	Hollie	all levels
7:00 pm - 7:55 pm	Body Balance	studio 1	Jane	all levels
7:00 pm - 7:55 pm	Body Pump	studio 3	Max	all levels