exercise class programme

Hailsham Leisure Centre

Accurate as of 02/11/2026

Times for Tuesday 3 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	Body Pump	studio 3	Annalee	all levels
9:30 am - 10:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Active 4 Life	studio 1	mel	all levels
9:30 am - 10:25 am	Pilates	studio 3	Kelly	all levels
9:30 am - 10:25 am	Body Conditioning	studio 2	Rachel	all levels
10:30 am - 11:15 am	Aqua Aerobics	indoor pool (25m)	mel	all levels
10:30 am - 11:25 am	Les Mills STRENGTH DEVELOPMENT	studio 3	Rachel	all levels
10:30 am - 11:25 am	Body Balance	studio 1	Max	all levels
10:30 am - 11:25 am	Body Combat	studio 2	Kelly	all levels
6:00 pm - 6:55 pm	Body Pump	studio 3	Jane	all levels
6:00 pm - 6:55 pm	Clubbercise	studio 1	Annalee	all levels
6:00 pm - 6:55 pm	Kettlebells	studio 2	Max	all levels
7:00 pm - 7:30 pm	Stretch & Flow	studio 3	Jane	all levels
7:00 pm - 7:30 pm	Metafit	studio 1	Max	all levels
7:00 pm - 7:55 pm	Pilates	studio 2	Annalee	all levels
7:30 pm - 8:00 pm	Stretch and Flex	studio 2	Max	all levels