exercise class programme

Hailsham Leisure Centre

Accurate as of 02/11/2026

Times for Wednesday 4 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
9:30 am - 10:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Zumba	studio 1	Rachel	all levels
9:30 am - 10:25 am	Yoga	studio 3	Zenia	all levels
9:30 am - 10:25 am	Kettlebells	studio 2	Various	all levels
10:30 am - 11:15 am	GP Referral Aqua	indoor pool (25m)	Vicky	all levels
10:30 am - 11:25 am	Dancing Through the Decades	studio 1	Rachel	all levels
10:30 am - 11:25 am	Body Balance	studio 2	Max	all levels
10:30 am - 11:25 am	Les Mills STRENGTH DEVELOPMENT	studio 3	Annalee	all levels
11:30 am - 12:25 pm	Pilates	studio 1	Annalee	all levels
12:30 pm - 1:30 pm	Referral Circuits	Gym	Vicky	beginner
1:00 pm - 1:45 pm	Aqua Aerobics	indoor pool (25m)	Natalie	all levels
6:00 pm - 6:55 pm	Body Pump	studio 3	Jane	all levels
6:00 pm - 6:55 pm	Pilates	studio 1	Annalee	all levels
6:00 pm - 6:55 pm	Spin & Strength	myride studio	Natalie	all levels
6:00 pm - 6:55 pm	Diva Dance	studio 1	Hollie	all levels
7:00 pm - 7:30 pm	Pure Core	studio 3	Jane	all levels
7:00 pm - 7:55 pm	Body Combat	studio 1	Kelly W	all levels
7:00 pm - 7:55 pm	Les Mills SHAPES	studio 2	Annalee	all levels
7:30 pm - 8:00 pm	Body Balance	studio 3	Jane	all levels