exercise class programme

Hailsham Leisure Centre

Accurate as of 02/11/2026

Times for Thursday 5 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
9:00 am - 9:30 am	Core	studio 1	Jane	all levels
9:30 am - 10:25 am	Freedom Circuits	Gym	Natalie	all levels
9:30 am - 10:25 am	Body Balance	studio 1	Jane	all levels
9:30 am - 10:25 am	Dance Step	studio 3	Rachel	all levels
9:30 am - 10:25 am	Les Mills SHAPES	studio 2	Kelly	all levels
9:45 am - 10:30 am	GP Referral Aqua	indoor pool (25m)	Vicky	beginner
10:30 am - 11:15 am	Pilates	studio 1	Kelly	all levels
10:30 am - 11:25 am	Body Pump	studio 3	Jane	all levels
10:45 am - 11:15 am	Aqua Aerobics	indoor pool (25m)	Natalie	all levels
10:45 am - 11:30 am	Aqua Rehab	indoor pool (25m)	Vicky	beginner
11:30 am - 12:25 pm	Zumba	studio 1	Kelly	all levels
11:30 am - 12:25 pm	Rehab Pilates	studio 2	Andrea	all levels
12:00 pm - 1:00 pm	Parkinsons class	studio 3	Vicky	beginner
1:30 pm - 2:30 pm	Referral Circuits	Gym	Vicky	beginner
6:00 pm - 6:45 pm	RPM	indoor cycling	Max	all levels
6:00 pm - 6:55 pm	Les Mills SHAPES	studio 1	Annalee	all levels
6:00 pm - 6:55 pm	Fitness Yoga	studio 3	Kelly	all levels
6:30 pm - 7:00 pm	Boxing Circuits	Gym	Chris	all levels
6:30 pm - 7:15 pm	Aqua Aerobics	indoor pool (25m)	Natalie	all levels

Time	Session	Facility	Instructor	Level
7:00 pm - 7:55 pm	Freedom Circuits	studio 3	Max	all levels
7:00 pm - 7:55 pm	Clubbercise	studio 1	Annalee	all levels