# exercise class programme

## Hailsham Leisure Centre

**Accurate as of 02/11/2026**

### Times for Friday 6 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 - 9:15 am | Fitness Yoga | studio 1 | Annalee | all levels |
| 9:00 am - 9:30 am | Core | studio 3 | Jane | all levels |
| 9:00 am - 9:45 am | Freedom Indoor Cycling | indoor cycling | Rachel | all levels |
| 9:30 am - 10:25 am | Clubbercise | studio 1 | Annalee | all levels |
| 9:30 am - 10:25 am | Body Pump | studio 3 | Jane | all levels |
| 9:30 am - 10:25 am | Clubbercise | studio 1 | Annalee | all levels |
| 10:00 am - 10:30 am | Kettlebells | studio 2 | Rachel | all levels |
| 10:30 am - 11:25 am | Active 4 Life | studio 1 | Annalee | all levels |
| 10:30 am - 11:25 am | Body Combat | studio 3 | Kelly | all levels |
| 10:30 am - 11:25 am | Body Conditioning | studio 3 | Rachel | all levels |
| 11:30 am - 12:25 pm | Pilates | studio 1 | Annalee | all levels |
| 6:00 pm - 6:30 pm | HIIT | Gym | Various | all levels |