exercise class programme

Hailsham Leisure Centre

Accurate as of 02/11/2026

Times for Saturday 7 November

Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	RPM	indoor cycling	Max	all levels
9:30 am - 10:25 am	Les Mills STRENGTH DEVELOPMENT	studio 3	Max	all levels
9:30 am - 10:25 am	Zumba	studio 1	Various	all levels
10:30 am - 11:25 am	Body Balance	studio 3	Max	all levels