exercise class programme

Hailsham Leisure Centre

Accurate as of 02/11/2026

Times for Sunday 8 November

Time	Session	Facility	Instructor	Level
8:45 am - 9:40 am	RPM	indoor cycling	Max	all levels
10:00 am - 10:55 am	Body Pump	studio 3	Max	all levels
11:00 am - 11:55 am	Body Balance	studio 3	Max	all levels