



Day	Time	Class	Location
Monday	6.15 – 7.00am	Outdoor Boot Camp	Park in Hampden Park
Monday	6.00 – 6.15pm	Weight Management (Weigh-in & Advice)	Phoenix Academy (formerly Marshlands School)
Monday	6.15 – 7.15pm	Slim 'N Aerobics	Phoenix Academy (formerly Marshlands School)
Monday	7.15 – 8.00pm	Kettlebell Workout (4 Week Course)	Phoenix Academy (formerly Marshlands School)
Wednesday	6.15 – 7.00am	Outdoor Boot Camp	Park in Hampden Park
Wednesday	5.45 – 6.00pm	Weight Management (Weigh-in & Advice)	West Rise School
Wednesday	6.00 – 6.45pm	Slim 'N Aerobics	West Rise School
Wednesday	6.45 – 7.30pm	Kettlebell Workout (4 Week Course)	West Rise School
Friday	6.15 – 7.00am	Outdoor Boot Camp	Park in Hampden Park

Locations:

Hailsham:

Car Park,
South Road,
Hailsham,
East Sussex
BN27 2AU

Phoenix Academy: (formerly Marshlands School)

Phoenix Academy,
Marshfoot Lane,
Hailsham,
East Sussex
BN27 2PH

West Rise Sch:

West Rise Inf. Sch.
Chaffinch Road,
Langney, E/B
East Sussex
BN23 7SL

Hampden Park:

Rugby Club car park,
Hampden Park,
Eastbourne,
East Sussex
BN22 9QN

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