



Day	Time	Class	Location
Monday	06.15am – 07.00am	Outdoor Fitness Camp	Park in Hampden Park (Ratton Academy if it rains)
Monday	09.30am – 10.15am	Outdoor Fitness Camp	32 South Road, Hailsham (BN27 3JQ)
Monday	18.00pm – 18.15pm	Weight Management (Weigh-in & Advice)	Phoenix Academy
Monday	18.15pm – 19.30pm	Slim 'N Aerobics	Phoenix Academy
Tuesday	06.15am – 07.00am	Outdoor Fitness Camp	32 South Road, Hailsham (BN27 3JQ)
Wednesday	06.15am – 07.00am	Outdoor Fitness Camp	Park in Hampden Park (Ratton Academy if it rains)
Wednesday	09.30am – 10.15am	Outdoor Fitness Camp	32 South Road, Hailsham (BN27 3JQ)
Wednesday	18.30pm – 18.45pm	Weight Management (Weigh-in & Advice)	West Rise School
Wednesday	18.45pm – 19.30pm	Indoor Fitness Camp	West Rise School
Thursday	06.15am – 07.00am	Outdoor Fitness Camp	32 South Road, Hailsham (BN27 3JQ)
Thursday	18.30pm – 18.45pm	Weight Management (Weigh-in & Advice)	West Rise School
Thursday	18.45pm – 19.30pm	Indoor Fitness Camp	West Rise School
Friday	06.15am – 07.00am	Outdoor Fitness Camp	Park in Hampden Park (Ratton Academy if it rains)
Friday	09.30am – 10.15am	Outdoor Fitness Camp	South Road, Hailsham
Saturday	07.00am – 07.15am	Weight Management (Weigh-in & Advice)	32 South Road, Hailsham (BN27 3JQ)
Saturday	07.15am – 08.00am	Outdoor Fitness Camp	32 South Road, Hailsham (BN27 3JQ)

Locations:

Phoenix Academy:
(formerly Marshlands School)

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

West Rise School:

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

Hampden Park:

Eastbourne Rugby Club,
Park Avenue,
Eastbourne,
East Sussex
BN22 9QN

Ratton Academy
(H/Prk venue when it rains)

Ratton Academy (Back
entrance)
Park Lane
Eastbourne
East Sussex
BN21 2UY

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