


# exercise class programme

## Uckfield Leisure Centre

Accurate as of 27/04/2024

| Times for Monday 1 May |                        |              |            |              |  |
|------------------------|------------------------|--------------|------------|--------------|---|
| Time                   | Session                | Facility     | Instructor | Level        |   |
| 9:30 am - 10:15 am     | Freedom Indoor Cycling | gym          | Nicki      |              |   |
| 9:30 am - 10:15 am     | Body Combat            | dance studio | Louise     | all levels   |   |
| 10:00 am - 11:00 am    | Freedom Circuits Plus  | squash court | Luc Best   | 50+          |   |
| 10:15 am - 11:00 am    | Body Pump              | dance studio | Louise     | all levels   |   |
| 11:00 am - 12:00 pm    | Pilates                | dance studio | Louise     | intermediate |   |