exercise class programme
Uckfield Leisure Centre

Accurate as of 12/10/2024

Times for Thursday 29 June

Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Body Combat	dance studio	Louise	intermediate
10:00 am - 11:00 am	Freedom Circuits Plus	squash court		all levels
10:30 am - 11:30 am	Pilates	dance studio	Vanessa	beginner
10:45 am - 11:45 am	Kettlercise	squash court	Frank	all levels
6:30 pm - 7:30 pm	Freedom Indoor Cycling	gym		intermediate / advanced
6:30 pm - 7:30 pm	Legs, Bums & Tums	dance studio	Sally	all levels
7:30 pm - 8:00 pm	HIIT	dance studio	Luc Best	
8:00 pm - 8:30 pm	Core Plus	dance studio	Luc Best	