exercise class programme
Uckfield Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 4 July

Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Body Attack	dance studio		all levels
9:30 am - 10:30 am	Kettlercise	squash court	Frank	all levels
10:45 am - 11:45 am	Body Balance	dance studio		all levels
1:15 pm - 2:15 pm	Active Plus	dance studio	Jane	50+
6:30 pm - 7:15 pm	Fitball	Clubroom	Sally	all levels
6:30 pm - 7:30 pm	Body Combat	dance studio	Laura Mortimer	all levels
7:00 pm - 7:45 pm	Freedom Indoor Cycling	gym		all levels
7:30 pm - 8:30 pm	Legs, Bums & Tums	dance studio	Sally	all levels