

exercise class programme

Uckfield Leisure Centre

Accurate as of 04/05/2024

Times for Saturday 8 July



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|--------------|------------|------------|
| 9:00 am - 10:00 am | Legs, Bums & Tums | dance studio | Sally | all levels |
| 9:00 am - 10:00 am | Freedom Indoor Cycling | gym | | all levels |
| 10:10 am - 11:10 am | Body Pump | dance studio | | all levels |
| 11:15 am - 12:30 pm | Yoga | dance studio | Luc Best | all levels |