

exercise class programme

Uckfield Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 18 October



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|--------------|------------|------------|
| 9:30 am - 10:15 am | Freedom Indoor Cycling | gym | Nicki | all levels |
| 9:30 am - 10:30 am | Body Pump | dance studio | | all levels |
| 10:25 am - 11:10 am | HIIT | squash court | Nicki | all levels |
| 10:45 am - 11:45 am | Fitball | dance studio | Sally | all levels |
| 6:00 pm - 7:00 pm | Pilates | Clubroom | Vanessa | all levels |
| 6:30 pm - 7:30 pm | Body Jam | dance studio | | all levels |
| 7:00 pm - 7:30 pm | HIIT | gym | Nicki | all levels |