


exercise class programme

Uckfield Leisure Centre

Accurate as of 18/05/2024

Times for Thursday 26 October					
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		