

exercise class programme

Uckfield Leisure Centre

Accurate as of 27/04/2024

Times for Friday 23 March



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|--------------|------------|------------|
| 9:30 am - 10:30 am | Freedom Indoor Cycling | gym | Nicki | all levels |
| 9:30 am - 10:30 am | Body Pump | dance studio | Louise | all levels |
| 10:45 am - 11:45 am | Body Balance | dance studio | | all levels |
| 6:00 pm - 6:30 pm | HIIT | squash court | Nicki | all levels |
| 6:30 pm - 7:00 pm | Freedom Indoor Cycling | gym | Luc Best | |
| 7:00 pm - 8:00 pm | Yoga | dance studio | Luc Best | |