

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 30 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