

exercise class programme

Uckfield Leisure Centre

Accurate as of 03/05/2024

Times for Sunday 1 April



Time	Session	Facility	Instructor	Level
10:00 am - 10:30 am	HIIT	squash court	Luc Best	all levels
10:00 am - 11:00 am	Body Jam	dance studio		beginner / intermediate
10:30 am - 11:00 am	Core Plus	squash court	Luc Best	all levels
10:30 am - 11:30 am	Kettlebells	squash court	Frank	all levels