

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 04/05/2024

### Times for Tuesday 11 December



| Time                | Session                | Facility     | Instructor     | Level      |
|---------------------|------------------------|--------------|----------------|------------|
| 9:30 am - 10:30 am  | Body Attack            | dance studio |                | all levels |
| 9:30 am - 10:30 am  | Kettlercise            | squash court | Frank          | all levels |
| 10:45 am - 11:45 am | Body Balance           | dance studio |                | all levels |
| 10:45 am - 11:45 am | Box Fit                | squash court | Frank          | all levels |
| 1:15 pm - 2:15 pm   | Active Plus            | dance studio | Jane           | 50+        |
| 2:00 pm - 2:45 pm   | Freedom Indoor Cycling | gym          | Luc Best       | 50+        |
| 6:30 pm - 7:15 pm   | Fitball                | Clubroom     | Sally          | all levels |
| 6:30 pm - 7:30 pm   | Body Combat            | dance studio | Laura Mortimer | all levels |
| 7:00 pm - 7:45 pm   | Freedom Indoor Cycling | gym          |                | all levels |
| 7:30 pm - 8:30 pm   | Legs, Bums & Tums      | dance studio | Sally          | all levels |