exercise class programme
Uckfield Leisure Centre

Accurate as of 12/10/2024

Times for Sunday 16 December

Time	Session	Facility	Instructor	Level
9:30 am - 10:00 am	HIIT	gym	Luc Best	all levels
9:30 am - 10:30 am	Body Jam	dance studio		beginner / intermediate
10:00 am - 10:30 am	Core Plus	gym	Luc Best	all levels
10:30 am - 11:30 am	Kettlercise	Clubroom	Frank	all levels