

exercise class programme

Uckfield Leisure Centre

Accurate as of 14/05/2024

Times for Friday 21 December



| 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 |
| 7:00 pm - 8:00 pm | Yoga | dance studio | Luc Best | |