

exercise class programme

Uckfield Leisure Centre

Accurate as of 30/04/2024

Times for Tuesday 26 February



| 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 |