


# exercise class programme

## Uckfield Leisure Centre

Accurate as of 21/05/2024

Times for Friday 1 March					
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	
6:00 pm - 6:30 pm	HIIT	squash court	Nicki	all levels	
6:00 pm - 7:00 pm	Zumba	dance studio		all levels	
6:30 pm - 7:00 pm	Freedom Indoor Cycling	gym	Luc Best		
7:00 pm - 8:00 pm	Yoga	dance studio	Luc Best		