

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 19 April



| 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 |