

exercise class programme

Uckfield Leisure Centre

Accurate as of 18/05/2024

Times for Monday 22 April				
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	gym	Nicki	
9:30 am - 10:15 am	Body Attack	dance studio	Louise	all levels
10:00 am - 11:00 am	Freedom Circuits Plus	squash court	Luc Best	50+
10:15 am - 11:00 am	Body Pump	dance studio	Louise	all levels
11:00 am - 12:00 pm	Pilates	dance studio	Louise	intermediate