exercise class programme
Uckfield Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 24 April

Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	gym	Nicki	all levels
9:30 am - 10:30 am	Body Pump	dance studio		all levels
10:25 am - 11:10 am	HIIT	squash court	Nicki	all levels
10:45 am - 11:45 am	Fitball	dance studio	Sally	all levels
6:00 pm - 7:00 pm	Pilates	Clubroom	Vanessa	all levels
6:30 pm - 7:30 pm	Body Jam	dance studio		all levels
7:00 pm - 7:30 pm	HIIT	gym	Nicki	all levels
7:30 pm - 8:15 pm	Aqua Power	Leisure Pool (25m)	Vanessa	all levels