

exercise class programme

Uckfield Leisure Centre

Accurate as of 18/05/2024

| Times for Thursday 15 August | | | | |
|------------------------------|------------------------|--------------|------------|-------------------------|
| Time | Session | Facility | Instructor | Level |
| 9:30 am - 10:30 am | Body Combat | dance studio | Louise | intermediate |
| 10:00 am - 11:00 am | Freedom Circuits Plus | squash court | | all levels |
| 10:30 am - 11:30 am | Pilates | dance studio | Vanessa | beginner |
| 10:45 am - 11:45 am | Kettlercise | squash court | Frank | all levels |
| 6:30 pm - 7:30 pm | Freedom Indoor Cycling | gym | | intermediate / advanced |
| 6:30 pm - 7:30 pm | Legs, Bums & Tums | dance studio | Sally | all levels |
| 7:30 pm - 8:00 pm | HIIT | dance studio | Luc Best | |
| 8:00 pm - 8:30 pm | Core Plus | dance studio | Luc Best | |