

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 03/05/2024

| Times for Tuesday 20 August |                        |              |            |            |
|-----------------------------|------------------------|--------------|------------|------------|
| Time                        | Session                | Facility     | Instructor | Level      |
| 9:30 am - 10:30 am          | Body Attack            | dance studio |            | all levels |
| 9:30 am - 10:30 am          | Kettlercise            | squash court | Frank      | all levels |
| 10:45 am - 11:45 am         | Body Balance           | dance studio |            | all levels |
| 10:45 am - 11:45 am         | Box Fit                | squash court | Frank      | all levels |
| 1:15 pm - 2:15 pm           | Active Plus            | dance studio | Jane       | 50+        |
| 2:00 pm - 2:45 pm           | Freedom Indoor Cycling | gym          | Luc Best   | 50+        |
| 6:30 pm - 7:15 pm           | Fitball                | Clubroom     | Sally      | all levels |
| 6:30 pm - 7:30 pm           | Body Combat            | dance studio |            | all levels |
| 7:00 pm - 7:45 pm           | Freedom Indoor Cycling | gym          |            | all levels |
| 7:30 pm - 8:30 pm           | Legs, Bums & Tums      | dance studio | Sally      | all levels |