


exercise class programme

Uckfield Leisure Centre

Accurate as of 07/05/2024

Times for Sunday 7 June					
Time	Session	Facility	Instructor	Level	
9:30 am - 10:00 am	HIIT	gym	Luc Best	all levels	
9:30 am - 10:30 am	Body Jam	dance studio		beginner / intermediate	
10:00 am - 10:30 am	Core Plus	gym	Luc Best	all levels	
10:30 am - 11:30 am	Kettlercise	Clubroom	Frank	all levels	
10:30 am - 11:30 am	Body Balance	dance studio	Mathew	all levels	