

exercise class programme

Uckfield Leisure Centre

Accurate as of 01/05/2024

Times for Monday 8 June



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|--------------------|------------|--------------|
| 9:30 am - 10:15 am | Freedom Indoor Cycling | gym | Nicki | |
| 9:30 am - 10:15 am | Body Combat | 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 |
| 1:00 pm - 2:00 pm | Long Term Conditions | gym | Luc Best | all levels |
| 5:30 pm - 6:15 pm | Freedom Indoor Cycling | gym | Sarah M | all levels |
| 5:30 pm - 6:15 pm | Box Fit | dance studio | | all levels |
| 6:30 pm - 7:15 pm | Freedom Indoor Cycling | gym | Sarah M | all levels |
| 6:30 pm - 7:30 pm | Body Attack | dance studio | | all levels |
| 7:30 pm - 8:15 pm | Aqua Power | Leisure Pool (25m) | Heidi | all levels |
| 7:30 pm - 8:30 pm | Body Pump | dance studio | | all levels |