

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 29/04/2024

### Times for Tuesday 9 June



Time	Session	Facility	Instructor	Level
6:45 am - 7:30 am	Freedom Indoor Cycling	gym	Luc Best	all levels
8:30 am - 9:15 am	Body Pump	dance studio		all levels
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	Laura Mortimer	all levels
6:30 pm - 7:30 pm	Strength & Conditioning	gym	Gym Staff	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