

exercise class programme

Uckfield Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 11 June



Time	Session	Facility	Instructor	Level
6:45 am - 7:30 am	Freedom Indoor Cycling	gym	Luc Best	all levels
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
1:30 pm - 2:30 pm	Cancer Rehab	dance studio		all levels
2:45 pm - 3:30 pm	Aqua Rehab Course	Leisure Pool (25m)		all levels
5:30 pm - 6:15 pm	Freedom Indoor Cycling	gym	Sarah M	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
6:30 pm - 7:30 pm	Strength & Conditioning	gym	Gym Staff	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	