

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 23/04/2024

### Times for Tuesday 23 April



Time	Session	Facility	Instructor	Level
6:30 am - 7:00 am	Ignite Conditioning	gym	Gym Staff	all levels
8:00 am - 9:00 am	Freedom Indoor Cycling	Clubroom	Curtis	all levels
8:30 am - 9:30 am	Freedom Pump	dance studio	Frances	all levels
9:30 am - 10:30 am	Kettlercise	Clubroom	Frank	all levels
9:30 am - 10:30 am	Yoga	dance studio	Elle	all levels
10:30 am - 11:30 am	Body Balance	dance studio	Jane	all levels
11:30 am - 12:30 pm	Active Plus	dance studio	Jane	all levels
1:45 pm - 2:30 pm	Freedom Indoor Cycling	Clubroom	Luc Best	all levels
6:30 pm - 7:30 pm	Body Combat	dance studio	Laura Mortimer	all levels
7:30 pm - 8:30 pm	Body Pump	dance studio	Laura Mortimer	all levels