

exercise class programme

Uckfield Leisure Centre

Accurate as of 09/05/2025

Times for Friday 10 December



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Freedom Indoor Cycling	Spin studio	Sinead	all levels
10:30 am - 11:30 am	Body Balance	Mind and Body studio	Mathew	all levels