exercise class programme
Uckfield Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 14 December

Time	Session	Facility	Instructor	Level
9:30 am - 10:25 am	Kettlercise	dance studio	Frank	all levels
10:30 am - 11:25 am	Body Balance	dance studio	Jane	all levels
11:30 am - 12:30 pm	Total Body Conditioning	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