

exercise class programme

Uckfield Leisure Centre

Accurate as of 01/07/2025

Times for Thursday 16 December



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Freedom Indoor Cycling	Spin studio	Sinead	
10:30 am - 11:30 am	Pilates	Mind and Body studio	Vanessa	all levels
10:30 am - 11:30 am	Freedom Circuits	dance studio	Luc Best	all levels
10:30 am - 11:30 am	Kettlercise	squash court	Frank	all levels
6:30 pm - 7:30 pm	Legs, Bums & Tums	dance studio	Sally	all levels