

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 17 December



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Freedom Indoor Cycling	Clubroom	Sinead	all levels
10:30 am - 11:30 am	Body Balance	Clubroom	Mathew	all levels
7:00 pm - 7:45 pm	Yoga	dance studio	Luc Best	all levels