

exercise class programme

Uckfield Leisure Centre

Accurate as of 07/07/2025

Times for Monday 31 January



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Freedom Indoor Cycling	Spin studio	Darren	all levels
9:30 am - 10:25 am	Freedom Circuits	dance studio	Darren	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Spin studio	Sarah M	all levels
7:30 pm - 8:15 pm	Aqua Power	Leisure Pool (25m)	Heidi	all levels