

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 17/05/2024

### Times for Thursday 18 April



| Time                | Session                | Facility     | Instructor | Level      |
|---------------------|------------------------|--------------|------------|------------|
| 6:30 am - 7:00 am   | Ignite Conditioning    | gym          | Gym Staff  | all levels |
| 9:00 am - 10:00 am  | Freedom Indoor Cycling | Clubroom     | Sinead     |            |
| 10:30 am - 11:30 am | Pilates                | Clubroom     | 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 |
| 6:00 pm - 7:00 pm   | Freedom Indoor Cycling | Clubroom     | Darren     | all levels |
| 6:30 pm - 7:30 pm   | Legs, Bums & Tums      | dance studio | Sally      | all levels |
| 7:30 pm - 8:30 pm   | Body Pump              | dance studio | Mathew     |            |