

exercise class programme

Uckfield Leisure Centre

Accurate as of 03/05/2024

Times for Friday 19 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	all levels
9:15 am - 10:15 am	Freedom Pump	dance studio	Frances	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