

exercise class programme

Uckfield Leisure Centre

Accurate as of 03/05/2024

Times for Saturday 20 April



Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	Freedom Indoor Cycling	Clubroom	Sarah D	all levels
9:00 am - 10:00 am	Legs, Bums & Tums	dance studio	Sally	all levels
9:30 am - 10:30 am	Freedom Circuits	gym	Gym Staff	all levels
10:00 am - 11:00 am	Dance Fit	dance studio	Hannah	all levels