

exercise class programme

Uckfield Leisure Centre

Accurate as of 03/05/2024

Times for Monday 22 April				
Time	Session	Facility	Instructor	Level
6:30 am - 7:00 am	Ignite Conditioning	gym	Gym Staff	all levels
8:30 am - 9:15 am	Freedom Indoor Cycling	Clubroom	Darren	all levels
9:30 am - 10:30 am	Freedom Circuits	dance studio	Darren	all levels
10:30 am - 11:30 am	Body Pump	dance studio	Frances	all levels
11:30 am - 12:30 pm	Core Plus	dance studio	Mathew	intermediate
12:30 pm - 1:30 pm	Body Balance	dance studio	Mathew	intermediate
1:00 pm - 2:30 pm	Long Term Conditions	Clubroom	Luc Best	
4:00 pm - 5:00 pm	Yoga	dance studio	Elle	60+
5:30 pm - 6:30 pm	Yoga	dance studio	Elle	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Clubroom	Sarah M	all levels
6:30 pm - 7:15 pm	HIIT Conditioning	squash court	Darren	all levels
6:30 pm - 7:30 pm	Body Balance	dance studio	Frances	all levels
7:30 pm - 8:15 pm	Aqua Power	Leisure Pool (25m)	Heidi	all levels