

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 24 April				
Time	Session	Facility	Instructor	Level
6:30 am - 7:00 am	Ignite Conditioning	gym	Gym Staff	all levels
8:30 am - 9:30 am	HIIT	dance studio	Sinead	all levels
9:30 am - 10:30 am	Freedom Indoor Cycling	Clubroom	Sinead	all levels
10:45 am - 11:45 am	Fitball	dance studio	Sally	all levels
6:15 pm - 7:15 pm	Pilates	dance studio	Vanessa	all levels
7:30 pm - 8:15 pm	Aqua Power	Leisure Pool (25m)	Vanessa	all levels