

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 03/05/2024

### Times for Thursday 25 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
1:30 pm - 2:30 pm	Paracise	dance studio	Sinead	
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	