

exercise class programme

Uckfield Leisure Centre

Accurate as of 20/04/2026

Times for Monday 20 April



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|----------------------|------------|--------------|
| 8:30 am - 9:15 am | Freedom Indoor Cycling | Spin studio | Curtis | all levels |
| 9:30 am - 10:25 am | Freedom Circuits | dance studio | Curtis | all levels |
| 10:30 am - 11:25 am | Body Pump | dance studio | Mathew | all levels |
| 11:30 am - 12:25 pm | Body Balance | dance studio | Mathew | intermediate |
| 11:30 am - 12:30 pm | Parkinsons class | Spin studio | Sinead | all levels |
| 12:30 pm - 1:15 pm | Les Mills SHAPES | dance studio | Mathew | all levels |
| 1:00 pm - 2:30 pm | Long Term Conditions | Mind and Body studio | Luc Best | |
| 5:30 pm - 6:30 pm | Yoga | dance studio | Elle | all levels |
| 5:45 pm - 6:30 pm | Freedom Indoor Cycling | Spin studio | Sarah M | 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 |