

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 18/05/2026

### Times for Saturday 23 May



Time	Session	Facility	Instructor	Level
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