

exercise class programme

Uckfield Leisure Centre

Accurate as of 25/05/2026

Times for Monday 25 May



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	