

exercise class programme

Uckfield Leisure Centre

Accurate as of 25/05/2026

Times for Sunday 31 May



| Time | Session | Facility | Instructor | Level |
|---------------------|-------------|--------------|------------|------------|
| 9:30 am - 10:30 am | Pilates | dance studio | Julie | all levels |
| 10:30 am - 11:30 am | Kettlercise | dance studio | Frank | all levels |