

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 01/06/2026

### Times for Friday 5 June



| Time                | Session      | Facility     | Instructor | Level      |
|---------------------|--------------|--------------|------------|------------|
| 7:30 am - 8:30 am   | Yoga         | dance studio | Elle       | all levels |
| 8:30 am - 9:30 am   | Body Pump    | dance studio | Frances    | all levels |
| 9:30 am - 10:30 am  | Kettlebells  | dance studio | Frank      | all levels |
| 10:30 am - 11:30 am | Body Balance | dance studio | Mathew     | all levels |
| 4:00 pm - 5:00 pm   | Junior Gym   | gym          | Gym Staff  | teen       |