

exercise class programme

Uckfield Leisure Centre

Accurate as of 08/06/2026

Times for Tuesday 9 June



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|--------------------|----------------|------------|
| 8:00 am - 9:00 am | Freedom Indoor Cycling | Spin studio | Sinead | all levels |
| 9:00 am - 10:00 am | Aqua Aerobics | Leisure Pool (25m) | Vicky | all levels |
| 9:30 am - 10:25 am | Kettlercise | squash court | Frank | all levels |
| 9:30 am - 10:30 am | Yoga | dance studio | Elle | all levels |
| 10:15 am - 11:15 am | GP Referral Aqua | Leisure Pool (25m) | Vicky | all levels |
| 10:30 am - 11:25 am | Body Balance | dance studio | Jane | all levels |
| 11:30 am - 12:30 pm | Active Plus | dance studio | Jane | 50+ |
| 5:30 pm - 6:25 pm | Yoga | dance studio | Elle | all levels |
| 6:30 pm - 7:30 pm | Body Combat | dance studio | Laura Mortimer | all levels |
| 7:30 pm - 8:30 pm | Body Pump | dance studio | Laura Mortimer | all levels |