

exercise class programme

Uckfield Leisure Centre

Accurate as of 21/07/2026

Times for Saturday 25 July					
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	
10:15 am - 11:15 am	Body Pump	dance studio	Frances		