

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 10/08/2026

| Times for Friday 14 August |              |              |            |            |
|----------------------------|--------------|--------------|------------|------------|
| 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       |