

exercise class programme

Uckfield Leisure Centre

Accurate as of 17/08/2026

Times for Saturday 22 August				
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	