

exercise class programme

Uckfield Leisure Centre

Accurate as of 07/09/2026

Times for Wednesday 9 September					
Time	Session	Facility	Instructor	Level	
8:30 am - 9:25 am	HIIT	dance studio	Sinead	intermediate	
9:30 am - 10:25 am	Body Combat	dance studio	Harriet	all levels	
9:30 am - 10:30 am	Freedom Indoor Cycling	Spin studio	Sinead	all levels	
11:30 am - 12:30 pm	Parkinsons class	Spin studio	Sinead	all levels	
1:00 pm - 2:00 pm	Paracise	dance studio	Sinead	all levels	
4:00 pm - 5:00 pm	Junior Gym	gym	Gym Staff	all levels	
6:15 pm - 7:15 pm	Pilates	dance studio	Vanessa	all levels	
7:30 pm - 8:15 pm	Aqua Power	Leisure Pool (25m)	Vanessa	all levels	