

exercise class programme

Uckfield Leisure Centre

Accurate as of 14/09/2026

Times for Tuesday 15 September



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
10:15 am - 11:15 am	GP Referral Aqua	Leisure Pool (25m)	Vicky	all levels
11:45 am - 12:30 pm	Active Plus	dance studio	Jane	50+
1:00 pm - 2:00 pm	Paracise	dance studio	Sinead	all levels
6:00 pm - 7:00 pm	Freedom Indoor Cycling	Spin studio	Sinead	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