

exercise class programme

Uckfield Leisure Centre

Accurate as of 14/09/2026

Times for Saturday 19 September				
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	Frank	all levels