

# exercise class programme

## Uckfield Leisure Centre

Accurate as of 06/10/2026

### Times for Wednesday 7 October



| Time                | Session                | Facility           | Instructor     | Level        |
|---------------------|------------------------|--------------------|----------------|--------------|
| 7:30 am - 8:15 am   | Body Pump              | dance studio       | Laura Mortimer | all levels   |
| 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   |
| 10:45 am - 11:45 am | Fitball                | dance studio       | Sally          | 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   |