exercise class programme

Uckfield Leisure Centre

Accurate as of 03/11/2026

Times for Tuesday 3 November

Time	Session	Facility	Instructor	Level
8:00 am - 9:00 am	Freedom Indoor Cycling	Spin studio	Sinead	all levels
9:30 am - 10:25 am	Kettlercise	squash court	Frank	all levels
9:30 am - 10:30 am	Yoga	dance studio	Elle	all levels
10:30 am - 11:25 am	Body Balance	dance studio	Jane	all levels
11:30 am - 12:30 pm	Active Plus	dance studio	Jane	50+
5:30 pm - 6:25 pm	Yoga	dance studio	Elle	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