exercise class programme

Uckfield Leisure Centre

Accurate as of 03/11/2026

Times for Wednesday 4 November

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