exercise class programme

Uckfield Leisure Centre

Accurate as of 03/11/2026

Times for Thursday 5 November

Time	Session	Facility	Instructor	Level
8:00 am - 9:00 am	Freedom Indoor Cycling	Spin studio	Sinead	
9:30 am - 10:15 am	Les Mills Functional Strength™	dance studio	Justin	all levels
9:30 am - 10:30 am	Freedom Circuits	Mind and Body studio	Luc Best	all levels
10:00 am - 11:00 am	Kettlercise	squash court	Frank	all levels
10:30 am - 11:30 am	Pilates	dance studio	Vanessa	all levels
10:30 am - 11:30 am	Parkinsons class	Mind and Body studio	Sinead	all levels
11:30 am - 12:30 pm	Parkinsons class	Mind and Body studio	Sinead	all levels
1:00 pm - 2:00 pm	Paracise	dance studio	Sinead	all levels
6:30 pm - 7:30 pm	Step Plus	dance studio	Sally	all levels