exercise class programme

Uckfield Leisure Centre

Accurate as of 10/11/2026

Times for Monday 16 November

Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Freedom Indoor Cycling	Spin studio	Curtis	all levels
9:30 am - 10:25 am	Freedom Circuits	dance studio	Curtis	all levels
10:30 am - 11:25 am	Body Pump	dance studio	Mathew	all levels
11:30 am - 12:25 pm	Body Balance	dance studio	Mathew	intermediate
11:30 am - 12:30 pm	Parkinsons class	Spin studio	Sinead	all levels
1:00 pm - 2:30 pm	Long Term Conditions	Mind and Body studio	Luc Best	
4:00 pm - 5:00 pm	Yoga	dance studio	Elle	60+
5:30 pm - 6:30 pm	Yoga	dance studio	Elle	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Spin studio	Sarah M	all levels
6:30 pm - 7:30 pm	Body Combat	dance studio	Harriet	all levels