exercise class programme

Uckfield Leisure Centre

Accurate as of 17/11/2026

Times for Friday 20 November

Time	Session	Facility	Instructor	Level
7:30 am - 8:30 am	Yoga	dance studio	Elle	all levels
8:30 am - 9:30 am	Body Pump	dance studio	Frances	all levels
9:30 am - 10:30 am	Kettlebells	dance studio	Frank	all levels
10:30 am - 11:30 am	Body Balance	dance studio	Mathew	all levels
4:00 pm - 5:00 pm	Junior Gym	gym	Gym Staff	teen