

exercise class programme

Crowborough Leisure Centre

Accurate as of 19/09/2020

Times for Thursday 14 November



Time	Session	Instructor	Level
9:00 am - 10:00 am	yoga	Susan N	
9:30 am - 10:00 am	HIIT	Sarah M	intermediate / advanced
10:15 am - 11:15 am	body pump	Mandy Warner	all levels
7:00 pm - 8:00 pm	body balance	Deniese	
7:30 pm - 8:30 pm	freedom indoor cycling	Janet Kelly	intermediate / advanced