

exercise class programme

Crowborough Leisure Centre

Accurate as of 06/07/2025

Times for Wednesday 22 January



| Time | Session | Instructor | Level |
|---------------------|-------------------|---------------|------------|
| 9:15 am - 10:15 am | Body Balance | Deniese | all levels |
| 10:00 am - 11:00 am | Aqua Rehab | Ruth / Sharon | beginner |
| 6:00 pm - 7:00 pm | Legs, Bums & Tums | Danny G | |
| 7:15 pm - 8:15 pm | Body Pump | Mandy Warner | |