exercise class programme

Crowborough Leisure Centre

Accurate as of 16/04/2024

Times for Wednesday 29 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	