

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 05/05/2024

### Times for Monday 20 June



Time	Session	Instructor	Level
9:15 am - 10:00 am	Aqua Aerobics	Matthew	
9:15 am - 10:15 am	Body Pump	Mandy Warner	
9:30 am - 10:30 am	Yoga	Suzanne	
9:30 am - 10:30 am	Strength & Conditioning	Gym Team	all levels
6:15 pm - 7:15 pm	Body Combat	Claudia	
7:30 pm - 8:30 pm	Body Pump	Mandy Warner	