

exercise class programme

Crowborough Leisure Centre

Accurate as of 18/05/2024

Times for Thursday 23 June



| Time | Session | Instructor | Level |
|---------------------|-------------------------|----------------|-------------------------|
| 9:15 am - 10:15 am | Body Pump | Mandy Warner | all levels |
| 9:30 am - 10:00 am | HIIT | Gym Team | intermediate / advanced |
| 9:30 am - 10:15 am | Freedom Indoor Cycling | Clare | |
| 9:30 am - 11:00 am | Yoga | Susan N | |
| 10:30 am - 11:30 am | Total Body Conditioning | Steve Collins | |
| 11:45 am - 12:45 pm | Pilates | Steve Collins | |
| 6:00 pm - 6:45 pm | Body Pump | Claudia | |
| 7:00 pm - 8:00 pm | Body Balance | Sue Bamborough | |
| 7:30 pm - 8:30 pm | Freedom Indoor Cycling | Janet Kelly | intermediate / advanced |