

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 14/05/2024

### Times for Monday 25 March



| 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 |
| 9:30 am - 10:30 am  | Freedom Indoor Cycling  | Clare         |            |
| 10:30 am - 11:30 am | Zumba                   | Benita        | all levels |
| 12:30 pm - 1:15 pm  | Les Mills SHAPES        | Steve Collins |            |
| 6:00 pm - 6:45 pm   | Les Mills SHAPES        | Louise        |            |
| 6:15 pm - 7:15 pm   | Body Combat             | Claudia       |            |
| 6:30 pm - 7:30 pm   | Freedom Indoor Cycling  | Sarah         |            |
| 7:30 pm - 8:30 pm   | Body Pump               | Mandy Warner  |            |