

exercise class programme

Crowborough Leisure Centre

Accurate as of 01/05/2024

Times for Monday 1 April



Time	Session	Instructor	Level
9:15 am - 10:15 am	Body Pump	Mandy Warner	
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	