

exercise class programme

Crowborough Leisure Centre

Accurate as of 14/05/2024

Times for Friday 5 April



Time	Session	Instructor	Level
9:00 am - 10:00 am	Aqua Aerobics	Vicky	
9:15 am - 10:15 am	Body Combat	Mandy Warner	
9:15 am - 10:30 am	Yoga	Susan N	all levels
9:30 am - 10:30 am	Freedom Circuits	Gym Team	
9:30 am - 10:30 am	Freedom Indoor Cycling	Clare	
10:30 am - 11:30 am	Body Pump	Louise	
6:30 pm - 7:30 pm	Body Combat	Claudia	all levels