

exercise class programme

Crowborough Leisure Centre

Accurate as of 24/05/2026

Times for Tuesday 26 May



| Time | Session | Instructor | Level |
|---------------------|--------------------------------|-------------------|-------------------------|
| 7:30 am - 8:15 am | Les Mills STRENGTH DEVELOPMENT | | |
| 9:15 am - 10:15 am | Body Combat | Mandy Warner | |
| 9:30 am - 10:00 am | HIIT | | intermediate / advanced |
| 10:30 am - 11:30 am | Body Balance | Louise | |
| 11:45 am - 1:15 pm | Yoga | Louise Ballentine | |
| 6:00 pm - 7:00 pm | Total Body Conditioning | Steve Collins | all levels |
| 6:30 pm - 7:15 pm | Freedom Indoor Cycling | Sarah | |
| 7:00 pm - 8:00 pm | Pilates | Steve Collins | |
| 7:30 pm - 8:15 pm | Core Plus | Sarah | |