

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 23/07/2026

### Times for Friday 24 July



| Time                | Session                | Instructor   | Level        |
|---------------------|------------------------|--------------|--------------|
| 7:00 am - 8:00 am   | HYROX                  | Lee          | intermediate |
| 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 | Sarah        |              |
| 10:30 am - 11:30 am | Body Pump              | Louise       |              |
| 11:45 am - 12:45 pm | Body Balance           | Louise       |              |
| 6:15 pm - 7:15 pm   | Body Combat            | Claudia      | all levels   |
| 6:30 pm - 7:30 pm   | Freedom Indoor Cycling | Jean-Paul    |              |