

exercise class programme

Crowborough Leisure Centre

Accurate as of 21/09/2026

Times for Saturday 26 September				
Time	Session	Instructor	Level	
8:30 am - 9:15 am	Freedom Indoor Cycling	Janet Kelly		
9:00 am - 9:45 am	Total Body Conditioning	Gym Team		
9:00 am - 9:45 am	Les Mills SHAPES	Matthew		
10:00 am - 11:00 am	Body Pump	Matthew		
11:00 am - 12:00 pm	Body Balance	Matthew		