exercise class programme

Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Friday 20 November

Time	Session	Instructor	Level
7:00 am - 8:00 am	HYROX	Lee	intermediate
9:00 am - 10:00 am	Aqua Aerobics	Jane	
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