exercise class programme

Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Saturday 21 November

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	