exercise class programme

Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Sunday 22 November

Time	Session	Instructor	Level
9:00 am - 9:45 am	Les Mills SHAPES	Mandy Warner	
9:00 am - 9:45 am	Freedom Circuits	Gym Team	all levels
9:00 am - 10:00 am	Freedom Indoor Cycling	Sarah	
10:00 am - 10:30 am	Body Combat	Reka	beginner
10:00 am - 11:00 am	Freedom Indoor Cycling	Sarah	
10:00 am - 11:00 am	Body Balance	Louise	
10:15 am - 11:15 am	HYROX	Gym Team	intermediate