exercise class programme

Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Monday 23 November

Time	Session	Instructor	Level
6:30 am - 7:30 am	HYROX	Dione	intermediate
9:15 am - 10:00 am	Aqua Aerobics	Matthew	
9:15 am - 10:15 am	Body Pump	Mandy Warner	
9:30 am - 10:30 am	Strength & Conditioning	Gym Team	all levels
9:30 am - 10:30 am	Freedom Indoor Cycling	Jean-Paul	
10:30 am - 11:30 am	Yoga	Grace	
10:30 am - 11:30 am	Zumba	Benita	all levels
12:30 pm - 1:15 pm	Les Mills SHAPES	Steve Collins	
6:15 pm - 7:15 pm	Body Combat	Claudia	
6:30 pm - 7:30 pm	Freedom Indoor Cycling	Sarah	
7:00 pm - 8:00 pm	HYROX	Lee	intermediate
7:30 pm - 8:30 pm	Body Pump	Mandy Warner	