exercise class programme

Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Tuesday 24 November

Time	Session	Instructor	Level
7:30 am - 8:15 am	Les Mills STRENGTH DEVELOPMENT		
9:15 am - 10:15 am	Body Combat	Mandy Warner	
9:30 am - 10:00 am	HIIT		intermediate / advanced
10:30 am - 11:30 am	Body Balance	Louise	
11:45 am - 1:15 pm	Yoga	Louise Ballentine	
6:00 pm - 7:00 pm	Total Body Conditioning	Steve Collins	all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Sarah	
7:00 pm - 8:00 pm	Pilates	Steve Collins	
7:30 pm - 8:15 pm	Core Plus	Sarah	