exercise class programme
Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Wednesday 25 November

Time	Session	Instructor	Level
9:00 am - 10:00 am	Aqua Aerobics	Ruth / Sharon	
9:15 am - 10:15 am	Body Balance	Deniese	all levels
9:30 am - 10:30 am	Freedom Indoor Cycling	Sarah	
9:30 am - 10:30 am	HYROX	Lee	intermediate
10:00 am - 11:00 am	Aqua Rehab	Ruth / Sharon	beginner
10:30 am - 11:30 am	Body Pump	Deniese	
12:00 pm - 12:30 pm	Aerobics	Claudia	
12:30 pm - 1:15 pm	Les Mills SHAPES	Steve Collins	
5:00 pm - 6:00 pm	Les Mills STRENGTH DEVELOPMENT	Dione	
5:45 pm - 6:45 pm	Yoga	Grace	
6:00 pm - 7:00 pm	Legs, Bums & Tums	Danny G	
6:45 pm - 7:45 pm	Freedom Indoor Cycling	Sarah	
7:15 pm - 8:15 pm	Body Pump	Mandy Warner	
8:30 pm - 9:15 pm	Body Combat	Reka	all levels