exercise class programme

Crowborough Leisure Centre

Accurate as of 20/11/2026

Times for Thursday 26 November

Time	Session	Instructor	Level
6:45 am - 7:45 am	HYROX	JB	intermediate
7:00 am - 7:45 am	Freedom Indoor Cycling	Matthew	
7:30 am - 8:30 am	Body Pump Heavy	Louise	
8:00 am - 9:00 am	Yoga	Amanda	
9:15 am - 10:15 am	Body Pump	Mandy Warner	all levels
9:30 am - 10:00 am	HIIT	Gym Team	intermediate / advanced
9:30 am - 10:15 am	Freedom Indoor Cycling	Emma	
9:30 am - 11:00 am	Yoga	Susan N	
10:30 am - 11:30 am	Total Body Conditioning	Steve Collins	
11:45 am - 12:45 pm	Pilates	Steve Collins	
6:00 pm - 6:45 pm	Body Pump	Claudia	
6:00 pm - 6:45 pm	Les Mills SHAPES	Louise	all levels
7:00 pm - 8:00 pm	Body Balance	Louise	
7:30 pm - 8:30 pm	Freedom Indoor Cycling	Janet Kelly	intermediate / advanced
7:30 pm - 8:30 pm	HYROX	Gym Team	intermediate