

exercise class programme

Crowborough Leisure Centre

Accurate as of 15/05/2024

Times for Thursday 28 September



| Time | Session | Instructor | Level |
|--------------------|------------------------|----------------|-------------------------|
| 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 - 11:00 am | Yoga | Susan N | |
| 7:00 pm - 8:00 pm | Body Balance | Sue Bamborough | |
| 7:30 pm - 8:30 pm | Freedom Indoor Cycling | Janet Kelly | intermediate / advanced |