## exercise class programme Crowborough Leisure Centre

## Accurate as of 15/05/2024

| Times for Saturday 30 September |                        |             | 0     |
|---------------------------------|------------------------|-------------|-------|
| Time                            | Session                | Instructor  | Level |
| 8:30 am - 9:15 am               | Freedom Indoor Cycling | Janet Kelly |       |
| 11:00 am - 12:00 pm             | Body Balance           | Matthew     |       |