

exercise class programme

Crowborough Leisure Centre

Accurate as of 02/05/2024

Times for Saturday 25 November



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