

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 08/05/2024

### Times for Thursday 18 January



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