

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 29/04/2024

### Times for Saturday 27 January



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