exercise class programme Crowborough Leisure Centre

Accurate as of 15/05/2024

| Times for Saturday 28 July | | | (|
|----------------------------|------------------------|-------------|----------|
| Time | Session | Instructor | Level |
| 8:30 am - 9:15 am | Freedom Indoor Cycling | Janet Kelly | |
| 11:00 am - 12:00 pm | Body Balance | Matthew | |