exercise class programme
Crowborough Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 27 November

Time	Session	Instructor	Level
9:15 am - 10:15 am	Body Combat	Mandy Warner	
9:30 am - 10:00 am	HIIT		intermediate / advanced
10:30 am - 11:30 am	Body Balance	Clare	
6:00 pm - 7:00 pm	Total Body Conditioning	Steve Collins	all levels