

exercise class programme

Crowborough Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 19 February



| 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 |