

exercise class programme

Crowborough Leisure Centre

Accurate as of 29/04/2024

Times for Monday 20 January



| Time | Session | Instructor | Level |
|--------------------|-------------|--------------|-------|
| 9:15 am - 10:15 am | Body Pump | Mandy Warner | |
| 6:15 pm - 7:15 pm | Body Combat | Claudia | |
| 7:30 pm - 8:30 pm | Body Pump | Mandy Warner | |