

exercise class programme

Crowborough Leisure Centre

Accurate as of 03/05/2024

| Times for Saturday 20 April | | | |
|-----------------------------|-------------------------|-------------|-------|
| Time | Session | Instructor | Level |
| 8:30 am - 9:15 am | Freedom Indoor Cycling | Janet Kelly | |
| 9:00 am - 9:45 am | Total Body Conditioning | Gym Team | |
| 9:00 am - 9:45 am | Les Mills SHAPES | Matthew | |
| 10:00 am - 10:45 am | Body Pump | Matthew | |
| 11:00 am - 12:00 pm | Body Balance | Matthew | |