

# exercise class programme

## Crowborough Leisure Centre

Accurate as of 03/05/2024

### Times for Tuesday 23 April



Time	Session	Instructor	Level
7:30 am - 8:15 am	Les Mills STRENGTH DEVELOPMENT		
9:15 am - 10:15 am	Body Combat	Mandy Warner	
9:30 am - 10:00 am	HIIT		intermediate / advanced
9:30 am - 10:15 am	Freedom Indoor Cycling	Clare	
9:30 am - 10:30 am	Yoga	Susan N	beginner
10:30 am - 11:30 am	Body Balance	Clare	
11:45 am - 1:15 pm	Yoga	Louise Ballentine	
6:00 pm - 7:00 pm	Total Body Conditioning	Steve Collins	all levels
6:30 pm - 7:15 pm	Freedom Indoor Cycling	Sarah	
7:00 pm - 8:00 pm	Pilates	Steve Collins	
7:30 pm - 8:15 pm	Core Plus	Sarah	