## **exercise class programme Sport Martley Leisure Centre**

## Accurate as of 28/04/2024

Times for Thursday 23 September				<b>(</b>
Time	Session	Facility	Level	
6:00 pm - 6:45 pm	Ab Booty Blast	sports hall	all levels	
7:00 pm - 8:00 pm	Power Hour	sports hall	all levels	