


# exercise class programme

## Sport Martley Leisure Centre

Accurate as of 20/05/2024

| Times for Thursday 4 April |                |             |            |  |
|----------------------------|----------------|-------------|------------|---|
| 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 |   |