

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 19/05/2024

| Times for Friday 30 April |                        |          |            |            |
|---------------------------|------------------------|----------|------------|------------|
| Time                      | Session                | Facility | Instructor | Level      |
| 9:30 am - 10:15 am        | Freedom Indoor Cycling | Studio 2 |            | all levels |
| 9:35 am - 10:30 am        | Body Pump              | Studio 1 |            | all levels |