

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 15/05/2024

Times for Monday 26 July				
Time	Session	Facility	Instructor	Level
8:45 am - 9:30 am	Body Balance	Studio 1		all levels
9:35 am - 10:05 am	Freedom Indoor Cycling	Studio 2		all levels
5:45 pm - 6:30 pm	Legs, Bums & Tums	Studio 1	Studio Instructor	all levels
6:35 pm - 7:35 pm	Body Pump	Studio 1	Studio Instructor	all levels
7:40 pm - 8:25 pm	Body Balance	Studio 1	Studio Instructor	all levels