

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 14/05/2024

Times for Wednesday 28 July					
Time	Session	Facility	Instructor	Level	
5:00 pm - 6:00 pm	Tennis Adult Beginners/Improvers	Tennis Courts - Outdoor		all levels	
5:30 pm - 6:55 pm	No Strings Badminton	Sports Hall	Ben	all levels	
5:45 pm - 6:30 pm	Body Balance	Studio 1		all levels	
6:35 pm - 7:20 pm	Body Pump	Studio 1		all levels	
6:45 pm - 7:45 pm	Fitness Yoga	Studio 1	Karyn	all levels	