

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 14/05/2024

Times for Friday 30 July				
Time	Session	Facility	Instructor	Level
8:30 am - 9:25 am	Body Balance	Studio 1		all levels
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