


exercise class programme

Sandwich Leisure Centre

Accurate as of 08/05/2024

Times for Monday 2 August					
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	