


exercise class programme

Sandwich Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 3 August					
Time	Session	Facility	Instructor	Level	
8:30 am - 9:30 am	Yoga	Studio 1	Studio Instructor	all levels	
9:35 am - 10:35 am	Body Sculpt	Studio 1	Debbie	all levels	
6:20 pm - 7:05 pm	Body Attack	Studio 1		all levels	
7:10 pm - 8:10 pm	Fitness Pilates	Studio 1		all levels	