


exercise class programme

Sandwich Leisure Centre

Accurate as of 06/05/2024

Times for Thursday 5 August					
Time	Session	Facility	Instructor	Level	
9:00 am - 9:30 am	Body Attack	Studio 1		all levels	
9:40 am - 10:40 am	Fitness Pilates	Studio 1		all levels	
5:45 pm - 6:45 pm	Body Pump	Studio 1		all levels	
6:50 pm - 7:35 pm	Cardio Tone	Studio 1		all levels	
7:40 pm - 8:25 pm	Body Balance	Studio 1		all levels	