


exercise class programme

Sandwich Leisure Centre

Accurate as of 08/05/2024

Times for Friday 6 August					
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	