## exercise class programme Sandwich Leisure Centre

Accurate as of 16/05/2024

| Times for Sunday 8 August |         |          |                   |            | <b>(</b> |
|---------------------------|---------|----------|-------------------|------------|----------|
| Time                      | Session | Facility | Instructor        | Level      |          |
| 10:30 am - 11:30 am       | Yoga    | Studio 1 | Studio Instructor | all levels |          |