## exercise class programme Sandwich Leisure Centre

## Accurate as of 27/04/2024

Times for Wednesday 22 September				•
Time	Session	Facility	Instructor	Level
9:30 am - 10:00 am	Freedom Combat	Studio 1		all levels
5:00 pm - 6:00 pm	Tennis Adult Beginners/Improvers	Tennis Courts - Outdoor		all levels
5:30 pm - 6:55 pm	No Strings Badminton	Sports Hall	Ben	all levels
5:45 pm - 6:30 pm	Freedom Balance	Studio 1		all levels
6:35 pm - 7:20 pm	Freedom Pump	Studio 1		all levels
7:30 pm - 8:30 pm	Yoga	Studio 1		all levels