

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 18/04/2024

### Times for Thursday 23 September



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	Freedom 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 (Cancelled)	Studio 1		all levels