

exercise class programme

Sandwich Leisure Centre

Accurate as of 19/04/2024

Times for Friday 24 September



Time	Session	Facility	Instructor	Level
8:15 am - 9:00 am	Freedom Pump	Studio 1		all levels
9:05 am - 9:50 am	Body Attack	Studio 1		all levels
9:15 am - 10:00 am	Freedom Indoor Cycling	Studio 2	Julia	all levels
9:55 am - 10:40 am	Body Balance	Studio 1		all levels