


# exercise class programme

## Sandwich Leisure Centre

Accurate as of 02/05/2024

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	