

exercise class programme

Sandwich Leisure Centre

Accurate as of 30/04/2024

| Times for Saturday 20 August | | | | |
|------------------------------|------------------|----------|------------|------------|
| Time | Session | Facility | Instructor | Level |
| 9:45 am - 10:30 am | Totally Shredded | Studio 1 | Ellen | all levels |
| 10:35 am - 11:35 am | Fitness Pilates | Studio 1 | Ellen | all levels |