

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 18/04/2024

### 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