exercise class programme
Sandwich Leisure Centre

Accurate as of 12/10/2024

Times for Monday 22 August

Time	Session	Facility	Instructor	Level
9:55 am - 10:25 am	Freedom Indoor Cycling	Studio 1	Studio Instructor	all levels
5:45 pm - 6:30 pm	Legs, Bums & Tums	Studio 1		all levels
6:35 pm - 7:35 pm	Body Pump	Studio 1		all levels
7:40 pm - 8:25 pm	Body Balance	Studio 1		all levels