

exercise class programme

Sandwich Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 23 August



| Time | Session | Facility | Instructor | Level |
|--------------------|------------------------|----------|-------------------|------------|
| 8:30 am - 9:30 am | Yoga | Studio 1 | Crystal | all levels |
| 9:35 am - 10:35 am | Body Sculpt | Studio 1 | Debbie | all levels |
| 5:45 pm - 6:15 pm | Kettlebells | Studio 1 | | all levels |
| 6:10 pm - 6:55 pm | Freedom Indoor Cycling | Studio 2 | Mel | all levels |
| 6:20 pm - 7:05 pm | Body Combat | Studio 1 | Studio Instructor | all levels |
| 7:10 pm - 8:10 pm | Fitness Pilates | Studio 1 | Studio Instructor | all levels |