

exercise class programme

Sandwich Leisure Centre

Accurate as of 09/05/2024

Times for Tuesday 23 August				
Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	Yoga	Studio 1	Studio Instructor	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