

exercise class programme

Sandwich Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 24 August				
Time	Session	Facility	Instructor	Level
7:00 am - 7:40 am	MyRide Virtual	Studio 2	Virtual Instructor	all levels
5:30 pm - 6:55 pm	No Strings Badminton	Sports Hall	Ben	all levels
5:50 pm - 6:35 pm	Body Combat	Studio 1	Studio Instructor	all levels
6:40 pm - 7:25 pm	Dance Fitness	Studio 1	Studio Instructor	all levels
6:45 pm - 7:45 pm	Fitness Yoga	Studio 1	Karyn	all levels