

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 03/05/2024

### Times for Friday 26 August



Time	Session	Facility	Instructor	Level
9:05 am - 9:50 am	Freedom Indoor Cycling	Studio 2		all levels
9:15 am - 10:00 am	Les Mills BODYPUMP™	Studio 1	Karen W	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Studio 2	Mel	all levels