

exercise class programme

Sandwich Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 April



Time	Session	Facility	Instructor	Level
9:15 am - 10:00 am	Dance Fitness	Studio 1	Katie H	all levels
10:00 am - 11:00 am	Fitness Pilates	Studio 1	Katie H	all levels
5:45 pm - 6:30 pm	Freedom Pump	Studio 1	Ellen	all levels
5:45 pm - 6:30 pm	Freedom Indoor Cycling	Studio 2	Steve	all levels
6:30 pm - 7:00 pm	Stretch & Core	Studio 1	Ellen	all levels
7:00 pm - 7:45 pm	Les Mills BODYCOMBAT™	Studio 1	Ellen	all levels