

exercise class programme

Sandwich Leisure Centre

Accurate as of 20/04/2024

Times for Friday 19 April



Time	Session	Facility	Instructor	Level
9:15 am - 10:00 am	Freedom Indoor Cycling	Studio 2	Julia	all levels
9:15 am - 10:00 am	Les Mills BODYPUMP™	Studio 1	Karen W	all levels
10:00 am - 11:00 am	Les Mills BODYBALANCE™	Studio 1	Karen W	all levels
6:00 pm - 6:45 pm	Freedom Indoor Cycling	Studio 2	Mel	all levels