

exercise class programme

Sandwich Leisure Centre

Accurate as of 15/09/2026

Times for Tuesday 15 September



Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	Fitness Yoga	Studio 1	Karyn	all levels
9:30 am - 10:30 am	Body Sculpt	Studio 1	Debbie	all levels
5:30 pm - 6:15 pm	Combat	Studio 1	Karen W	all levels
6:10 pm - 6:55 pm	Freedom Indoor Cycling	Studio 2	Julia	all levels
6:15 pm - 7:00 pm	Les Mills BODYPUMP™	Studio 1	Karen W	all levels