

exercise class programme

Sandwich Leisure Centre

Accurate as of 17/09/2026

Times for Thursday 17 September



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Body Sculpt	Studio 1	Karyn	all levels
9:15 am - 10:15 am	Yogalates	Studio 1	Karyn	all levels
5:45 pm - 6:30 pm	Les Mills BODYPUMP™	Studio 1	Ellen	all levels
6:35 pm - 7:20 pm	Fitness Pilates	Studio 1	Ellen	all levels