

exercise class programme

Sandwich Leisure Centre

Accurate as of 17/09/2026

Times for Friday 18 September



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