

exercise class programme

Sandwich Leisure Centre

Accurate as of 17/09/2026

Times for Monday 21 September



Time	Session	Facility	Instructor	Level
8:30 am - 9:15 am	Aerotone	Studio 1	Ellen	
9:15 am - 9:45 am	Core	Studio 1	Ellen	
9:15 am - 10:00 am	Freedom Indoor Cycling	Studio 2	Debbie	all levels
10:00 am - 11:00 am	Freedom Balance	Studio 1	Debbie	all levels
5:45 pm - 6:30 pm	HIIT	Studio 1	Mel	all levels
6:30 pm - 7:00 pm	Kettlebells	Studio 1	Mel	all levels
7:00 pm - 8:00 pm	Stretch & Core	Studio 1	Mel	all levels