

# exercise class programme

## Sport Martley Leisure Centre

Accurate as of 05/05/2024

### Times for Tuesday 18 July



Time	Session	Facility	Level
6:00 pm - 6:45 pm	Body Conditioning Class	studio	all levels
7:00 pm - 7:45 pm	Flex & Stretch	studio	all levels
8:00 pm - 9:00 pm	Freedom Circuits	sports hall	all levels