exercise class programme

Sport Martley Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 25 July

Time	Session	Facility	Level
5:45 pm - 6:30 pm	Body Conditioning Class	sports hall	all levels
6:45 pm - 7:30 pm	Strength & Stretch	studio	all levels
7:30 pm - 8:15 pm	Flex & Stretch	studio	all levels