


# exercise class programme

## Sport Martley Leisure Centre

Accurate as of 20/05/2024

Times for Tuesday 19 September				
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	