

exercise class programme

Sport Martley Leisure Centre

Accurate as of 08/05/2024

Times for Tuesday 22 January			
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