


# exercise class programme

## Sport Martley Leisure Centre

Accurate as of 19/05/2024

Times for Thursday 2 May				
Time	Session	Facility	Level	
5:45 pm - 6:45 pm	Yoga Flow	studio	all levels	
6:00 pm - 6:45 pm	Ab Booty Blast	sports hall	all levels	
7:00 pm - 8:00 pm	Power Hour	sports hall	all levels	