

exercise class programme

Sandwich Leisure Centre

Accurate as of 30/04/2024

Times for Monday 16 September



| Time | Session | Facility | Instructor | Level |
|-------------------|-------------------|----------|-------------------|------------|
| 8:45 am - 9:30 am | Body Balance | Studio 1 | | all levels |
| 5:45 pm - 6:30 pm | Legs, Bums & Tums | Studio 1 | Studio Instructor | all levels |
| 6:35 pm - 7:35 pm | Body Pump | Studio 1 | Studio Instructor | all levels |
| 7:40 pm - 8:25 pm | Body Balance | Studio 1 | Studio Instructor | all levels |