

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 30/04/2024

### Times for Wednesday 18 September



Time	Session	Facility	Instructor	Level
5:45 pm - 6:30 pm	Body Balance	Studio 1		all levels
6:35 pm - 7:20 pm	Body Pump	Studio 1		all levels
6:45 pm - 7:45 pm	Fitness Yoga	Studio 1	Karyn	all levels