

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 17/05/2025

### Times for Thursday 19 September



Time	Session	Facility	Instructor	Level
9:00 am - 9:30 am	Body Attack	Studio 1		all levels
9:40 am - 10:40 am	Fitness Pilates	Studio 1		all levels
5:45 pm - 6:45 pm	Body Pump	Studio 1		all levels
6:50 pm - 7:35 pm	Cardio Tone	Studio 1		all levels