exercise class programme
Sandwich Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 25 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