

exercise class programme

Sandwich Leisure Centre

Accurate as of 02/05/2024

Times for Wednesday 11 December



Time	Session	Facility	Instructor	Level
5:40 pm - 6:25 pm	Body Balance	Studio 1	Debbie	all levels
6:30 pm - 7:15 pm	Total Body Conditioning	Studio 1	Debbie	all levels
6:45 pm - 7:45 pm	Fitness Yoga	Studio 1	Karyn	all levels