

exercise class programme

Sandwich Leisure Centre

Accurate as of 20/04/2024

Times for Thursday 12 December



| 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 |