

exercise class programme

Sandwich Leisure Centre

Accurate as of 19/05/2024

Times for Friday 13 December				
Time	Session	Facility	Instructor	Level
9:00 am - 9:30 am	Core Plus	Studio 1		all levels
9:30 am - 10:15 am	Freedom Indoor Cycling	Studio 2		all levels
9:30 am - 10:30 am	Freedom Pump	Studio 1		all levels