


exercise class programme

Sandwich Leisure Centre

Accurate as of 28/04/2024

| Times for Wednesday 26 February | | | | |  |
|---------------------------------|--------------|----------|------------|------------|---|
| 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 | |