exercise class programme
Sandwich Leisure Centre

Accurate as of 12/10/2024

Times for Wednesday 24 April

Time	Session	Facility	Instructor	Level
7:00 am - 7:40 am	MyRide Virtual	Studio 2	Virtual Instructor	all levels
9:15 am - 10:00 am	HIIT	Studio 1	Debbie	all levels
10:05 am - 10:35 am	Bands	Studio 1	Debbie	all levels
5:30 pm - 6:55 pm	No Strings Badminton	Sports Hall	Ben	all levels
5:45 pm - 6:45 pm	Dance Fitness	Studio 1	Karyn	all levels
6:45 pm - 7:45 pm	Fitness Yoga	Studio 1	Karyn	all levels