

# exercise class programme

## Sandwich Leisure Centre

Accurate as of 18/05/2024

Times for Sunday 28 April				
Time	Session	Facility	Instructor	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	Studio 2	Mel	all levels
10:30 am - 11:30 am	Yoga	Studio 1	Studio Instructor	all levels