

exercise class programme

Sandwich Leisure Centre

Accurate as of 18/05/2024

Times for Tuesday 30 April



Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	Yoga	Studio 1	Studio Instructor	all levels
9:35 am - 10:35 am	Body Sculpt	Studio 1	Debbie	all levels
5:45 pm - 6:30 pm	Les Mills BODYPUMP™	Studio 1	Sally	all levels
6:10 pm - 6:55 pm	Freedom Indoor Cycling	Studio 2	Mel	all levels
6:35 pm - 7:20 pm	Les Mills BODYBALANCE™	Studio 1	Sally	all levels