

exercise class programme

Sandwich Leisure Centre

Accurate as of 18/05/2024

Times for Sunday 5 May



| 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 |