

# exercise class programme

## Arun Leisure Centre

Accurate as of 10/04/2024

Times for Thursday 3 December			
Time	Session	Facility	Level
7:00 am - 7:30 am	Freedom Indoor Cycling	indoor cycling studio	
8:30 am - 9:15 am	HIIT Conditioning	studio	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
10:45 am - 11:30 am	Yoga	studio	
5:45 pm - 6:30 pm	Omnia HIIT	Gym	
6:15 pm - 7:00 pm	Zumba	gymnasium	
7:05 pm - 7:50 pm	Cardio Tone	gymnasium	