

exercise class programme

Arun Leisure Centre

Accurate as of 24/04/2024

Times for Friday 4 December



Time	Session	Facility	Level
7:00 am - 7:30 am	Omnia Train	Gym	
8:45 am - 9:30 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
11:00 am - 12:00 pm	Pilates	studio	
5:45 pm - 6:30 pm	Omnia Train	Gym	