# exercise class programme

## Arun Leisure Centre

**Accurate as of 12/10/2024**

**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 | |