

exercise class programme

Arun Leisure Centre

Accurate as of 09/05/2024

Times for Saturday 5 December				
Time	Session	Facility	Level	
9:00 am - 10:00 am	Cardio Tone	drama studio		
9:30 am - 10:30 am	Body Pump	studio		
10:45 am - 11:30 am	Omnia Train	Gym		