

exercise class programme

Arun Leisure Centre

Accurate as of 01/05/2024

Times for Monday 6 December



Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 8:15 pm	Yoga	studio	
7:15 pm - 8:00 pm	Aqua Aerobics	main pool	
8:15 pm - 9:30 pm	Yoga	studio	