

exercise class programme

Arun Leisure Centre

Accurate as of 26/04/2024

Times for Friday 10 December



Time	Session	Facility	Level
8:45 am - 9:15 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
10:40 am - 11:40 am	Yoga	studio	
6:00 pm - 6:45 pm	Omnia Train	Gym	