

exercise class programme

Arun Leisure Centre

Accurate as of 06/05/2024

Times for Wednesday 15 December



Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
6:00 pm - 6:45 pm	Body Combat	gymnasium	