

exercise class programme

Arun Leisure Centre

Accurate as of 02/05/2024

Times for Thursday 1 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	
9:30 am - 10:15 am	Omnia Train	Gym	
11:00 am - 12:00 pm	Pilates	studio	
6:00 pm - 6:45 pm	Supple Strength	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	