## exercise class programme Arun Leisure Centre

## Accurate as of 17/05/2024

Times for Friday 2 December				<b>(</b>
Time	Session	Facility	Level	
7:00 am - 7:30 am	Omnia Train	Gym		
8:30 am - 9:15 am	Cardio Tone	studio		
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		
2:30 pm - 3:15 pm	Hydrospin	main pool		
6:00 pm - 6:45 pm	Omnia Train	Gym		
6:00 pm - 6:45 pm	Zumba	studio		