

exercise class programme

Arun Leisure Centre

Accurate as of 29/04/2024

Times for Monday 5 December



Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:15 am - 10:00 am	Zumba	studio	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
10:20 am - 11:05 am	Supple Strength	studio	
6:00 pm - 7:00 pm	Body Combat	gymnasium	
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	