exercise class programme

Arun Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 6 December

Time	Session	Facility	Level
9:00 am - 9:30 am	Omnia Train	Gym	
9:15 am - 10:15 am	Body Balance	studio	
10:30 am - 11:15 am	Deep Water	main pool	
11:00 am - 12:00 pm	Pilates	studio	
6:00 pm - 6:45 pm	Cardio Tone	gymnasium	
6:00 pm - 6:45 pm	Supple Strength	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 7:45 pm	Zumba	gymnasium	
7:30 pm - 8:00 pm	Omnia Train	Gym	