

exercise class programme

Arun Leisure Centre

Accurate as of 27/04/2024

Times for Wednesday 7 December			
Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
8:30 am - 9:15 am	HIIT Conditioning	studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
6:00 pm - 6:45 pm	Body Combat	gymnasium	
6:00 pm - 7:00 pm	Body Pump	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:15 pm - 8:15 pm	Pilates	studio	