

# exercise class programme

## Arun Leisure Centre

Accurate as of 18/04/2024

### Times for Saturday 10 December



| Time                | Session                | Facility              | Level |
|---------------------|------------------------|-----------------------|-------|
| 9:00 am - 9:45 am   | Body Pump              | studio                |       |
| 9:00 am - 10:00 am  | Legs, Bums & Tums      | drama studio          |       |
| 9:15 am - 10:00 am  | Freedom Indoor Cycling | indoor cycling studio |       |
| 10:15 am - 11:00 am | Supple Strength        | studio                |       |