

exercise class programme

Arun Leisure Centre

Accurate as of 01/05/2024

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	