

# exercise class programme

## Arun Leisure Centre

Accurate as of 17/05/2024

### Times for Monday 15 April



| Time                | Session                | Facility              | Level |
|---------------------|------------------------|-----------------------|-------|
| 7:15 am - 8:00 am   | Freedom Indoor Cycling | indoor cycling studio |       |
| 9:15 am - 10:00 am  | Dance Fusion           | 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                |       |