

exercise class programme

Arun Leisure Centre

Accurate as of 17/05/2024

Times for Wednesday 17 April



| 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 | |