

exercise class programme

Arun Leisure Centre

Accurate as of 17/05/2024

Times for Thursday 18 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 - 10:15 am	Aqua Aerobics	main pool	
9:30 am - 10:15 am	Omnia Train	Gym	
10:30 am - 11:15 am	Aqua Aerobics	main pool	
11:00 am - 12:00 pm	Pilates	studio	
12:15 pm - 1:15 pm	Pilates	studio	
6:00 pm - 6:45 pm	Supple Strength	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:15 pm - 8:00 pm	Body Pump	studio	