

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Monday 14 September			
Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:15 am - 10:00 am	Aqua Aerobics	main pool	
10:15 am - 11:00 am	Supple Strength	studio	
6:00 pm - 7:00 pm	Body Combat	gymnasium	
6:10 pm - 6:55 pm	Les Mills Functional Strength™	studio	
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	