

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Tuesday 15 September			
Time	Session	Facility	Level
9:00 am - 9:45 am	Aqua Aerobics	main pool	
9:00 am - 9:45 am	Omnia Train	Gym	
9:15 am - 10:15 am	Body Balance	studio	
10:15 am - 11:00 am	Deep Water	main pool	
11:00 am - 12:00 pm	Pilates	studio	
6:00 pm - 6:45 pm	Cardio Tone	gymnasium	
6:00 pm - 6:45 pm	Supple Strength	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 7:45 pm	Zumba	gymnasium	