

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Wednesday 16 September

Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
8:00 am - 8:45 am	Body Conditioning	studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
6:00 pm - 6:30 pm	Omnia Train	Gym	
6:00 pm - 6:45 pm	Body Combat	gymnasium	
6:00 pm - 7:00 pm	Pilates	studio	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 7:45 pm	Les Mills Ceremony Class	gymnasium	