

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Thursday 17 September				
Time	Session	Facility	Level	
8:15 am - 9:00 am	Body Conditioning	studio		
9:15 am - 10:00 am	Aqua Aerobics	main pool		
9:30 am - 10:30 am	Pilates	studio	intermediate	
11:00 am - 12:00 pm	Pilates	studio		
12:15 pm - 1:15 pm	Pilates	studio		
5:15 pm - 5:45 pm	Omnia Train	Gym		
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		
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