

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Friday 18 September

Time	Session	Facility	Level
8:00 am - 8:45 am	Cardio Tone	studio	
8:45 am - 9:15 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
10:40 am - 11:40 am	Yoga	studio	
2:30 pm - 3:15 pm	Hydrospin	main pool	
6:00 pm - 6:45 pm	Zumba	studio	