

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Saturday 19 September			
Time	Session	Facility	Level
8:00 am - 8:45 am	Les Mills SHAPES	studio	
9:00 am - 10:00 am	Body Pump	studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
10:00 am - 10:30 am	Omnia Train	Gym	
10:15 am - 11:00 am	Supple Strength	studio	