

exercise class programme

Arun Leisure Centre

Accurate as of 14/09/2026

Times for Sunday 20 September			
Time	Session	Facility	Level
8:00 am - 8:45 am	Supple Strength	studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:15 am	Les Mills SHAPES	studio	
4:00 pm - 4:45 pm	Omnia Train	Gym	beginner