

# exercise class programme

## Littlehampton Wave

Accurate as of 28/04/2024

Times for Thursday 29 October			
Time	Session	Facility	Level
6:30 am - 7:15 am	HIIT	outside	
9:15 am - 10:00 am	MyRide Virtual	indoor cycle studio	
6:00 pm - 6:45 pm	Freedom Runners	outside	
6:00 pm - 6:45 pm	MyRide Virtual	indoor cycle studio	
7:00 pm - 7:45 pm	Body Combat	outside	