

exercise class programme

Littlehampton Wave

Accurate as of 01/05/2024

Times for Friday 30 October



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Runners	outside	
9:30 am - 10:00 am	Ab Attack	outside	
6:00 pm - 6:45 pm	MyRide Virtual	indoor cycle studio	
7:15 pm - 8:00 pm	HIIT	outside	