

exercise class programme

Littlehampton Wave

Accurate as of 25/04/2024

Times for Tuesday 3 November



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Circuits	outside	
9:30 am - 10:15 am	Body Conditioning Class	outside	
6:00 pm - 6:45 pm	Freedom Runners	outside	
7:00 pm - 7:45 pm	Body Combat	outside	