## **exercise class programme**Littlehampton Wave

## Accurate as of 04/05/2024

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	