

exercise class programme

Littlehampton Wave

Accurate as of 03/05/2024

Times for Wednesday 4 November



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Bootcamp	outside	
9:30 am - 10:15 am	Freedom Circuits	outside	
6:30 pm - 7:15 pm	Freedom Circuits	outside	
7:30 pm - 8:15 pm	Body Conditioning Class	outside	