

# exercise class programme

## Littlehampton Wave

Accurate as of 03/05/2024

### Times for Thursday 5 November



Time	Session	Facility	Level
6:30 am - 7:15 am	HIIT	outside	
9:30 am - 10:15 am	Freedom Bootcamp	outside	
6:30 pm - 7:15 pm	Body Combat	studio (1 & 2)	
7:30 pm - 8:30 pm	Yoga	studio (1 & 2)	