

exercise class programme

Littlehampton Wave

Accurate as of 03/05/2024

Times for Friday 6 November



Time	Session	Facility	Level
6:30 am - 7:15 am	Freedom Runners	outside	
9:30 am - 10:00 am	Ab Attack	outside	
6:15 pm - 7:00 pm	Legs, Bums & Tums	outside	
7:15 pm - 8:00 pm	HIIT	outside	