

exercise class programme

Littlehampton Wave

Accurate as of 17/05/2024

| Times for Sunday 8 November | | | |
|-----------------------------|------------------|----------|-------|
| Time | Session | Facility | Level |
| 9:00 am - 9:45 am | Freedom Bootcamp | outside | |
| 10:00 am - 10:45 am | HIIT | outside | |