

exercise class programme

Littlehampton Wave

Accurate as of 30/04/2024

Times for Monday 6 December



Time	Session	Facility	Level
6:40 am - 7:10 am	Omnia Train	gym	
6:40 am - 7:25 am	Lift and Shape	studio 2	
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycle studio	
9:30 am - 10:15 am	Body Conditioning Class	studio 2	
10:25 am - 11:10 am	Body Balance	studio 1	
5:15 pm - 6:15 pm	Yoga	studio 2	
6:10 pm - 6:55 pm	Freedom Indoor Cycling	indoor cycle studio	
6:20 pm - 7:05 pm	Body Combat	studio 1	
6:25 pm - 7:10 pm	Body Pump	studio 2	
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	
7:10 pm - 7:55 pm	Freedom Indoor Cycling	indoor cycle studio	
7:20 pm - 8:05 pm	Body Conditioning Class	studio 2	
8:10 pm - 8:55 pm	Core Flex	studio 1	
8:15 pm - 9:00 pm	Body Balance	studio 2	