

exercise class programme

Littlehampton Wave

Accurate as of 30/04/2024

Times for Tuesday 7 December



Time	Session	Facility	Level
6:40 am - 7:25 am	Body Conditioning Class	studio 2	
9:30 am - 10:00 am	Omnia Train	gym	
9:30 am - 10:15 am	Body Pump	studio 2	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycle studio	
6:10 pm - 6:55 pm	Pure Stretch	studio 1	
6:15 pm - 7:00 pm	Freedom Runners	outside	
7:05 pm - 7:50 pm	Body Combat	studio 1	
7:10 pm - 7:55 pm	Freedom Indoor Cycling	indoor cycle studio	
7:15 pm - 8:00 pm	Aqua Aerobics	multiuse pool	
8:00 pm - 8:45 pm	POUND	studio 2	