

exercise class programme

Littlehampton Wave

Accurate as of 23/04/2024

Times for Thursday 9 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 - 10:00 am	Omnia Train	gym	
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycle studio	
9:30 am - 10:30 am	Yoga	studio 1	
10:40 am - 11:25 am	Supple Strength	studio 2	
6:00 pm - 6:30 pm	Omnia Train	gym	
6:00 pm - 6:45 pm	Body Combat	studio 1	
6:05 pm - 6:50 pm	Freedom Step	studio 2	
7:00 pm - 8:00 pm	Pilates	studio 1	
7:00 pm - 8:15 pm	Yoga	studio 2	
7:10 pm - 7:55 pm	Freedom Indoor Cycling	indoor cycle studio	
8:15 pm - 9:15 pm	Pilates	studio 1	
8:15 pm - 9:30 pm	Yoga	studio 2	