

# exercise class programme

## Littlehampton Wave

Accurate as of 03/07/2025

### 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	
10:00 am - 10:45 am	Legs, Bums & Tums	studio 2	
6:00 pm - 6:30 pm	Omnia Train	gym	
6:00 pm - 6:45 pm	Body Attack	studio 1	
6:05 pm - 6:50 pm	HIIT Aerobics	studio 2	
6:25 pm - 7:15 pm	Freedom Indoor Cycling	indoor cycle studio	
7:00 pm - 8:00 pm	Pilates	studio 1	
7:00 pm - 8:15 pm	Yoga	studio 2	
8:15 pm - 9:15 pm	Pilates	studio 1	
8:15 pm - 9:30 pm	Yoga	studio 2	