

exercise class programme

Littlehampton Wave

Accurate as of 03/07/2025

Times for Friday 10 December



Time	Session	Facility	Level
6:40 am - 7:10 am	Omnia Train	gym	
6:40 am - 7:25 am	Freedom Indoor Cycling	indoor cycle studio	
8:30 am - 9:15 am	Body Conditioning Class	studio 2	
9:30 am - 10:00 am	Omnia Train	gym	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
9:30 am - 10:15 am	Lift and Shape	studio 2	
5:10 pm - 5:55 pm	POUND	studio 2	
6:10 pm - 6:55 pm	Yoga	studio 2	
6:10 pm - 6:55 pm	Pilates	studio 1	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycle studio	
7:05 pm - 7:50 pm	Body Pump	studio 2	
7:05 pm - 7:50 pm	Dance Fusion	studio 1	
7:10 pm - 7:55 pm	Freedom Indoor Cycling	indoor cycle studio	