

exercise class programme

Littlehampton Wave

Accurate as of 25/04/2024

Times for Monday 13 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 | |