

# exercise class programme

## Littlehampton Wave

Accurate as of 01/07/2025

### Times for Saturday 18 December



Time	Session	Facility	Level
8:15 am - 9:00 am	Body Pump	studio 2	
9:10 am - 9:55 am	Body Attack	studio 1	
9:10 am - 9:55 am	Legs, Bums & Tums	studio 2	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycle studio	
10:05 am - 10:50 am	Dance Fusion	studio 2	
11:00 am - 11:45 am	Body Balance	studio 2	