

exercise class programme

Littlehampton Wave

Accurate as of 01/07/2025

Times for Sunday 19 December			
Time	Session	Facility	Level
9:05 am - 9:50 am	Pilates	studio 1	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycle studio	
10:00 am - 10:45 am	Body Conditioning Class	studio 2	