

exercise class programme

Littlehampton Wave

Accurate as of 19/05/2024

Times for Wednesday 24 April



Time	Session	Facility	Level
6:40 am - 7:25 am	Freedom Indoor Cycling	indoor cycle studio	
9:30 am - 10:15 am	Freedom Step	studio 2	
9:30 am - 10:15 am	Legs, Bums & Tums	studio 1	
10:25 am - 11:10 am	Body Pump	studio 2	
12:00 pm - 12:45 pm	MyRide Virtual	indoor cycle studio	
6:00 pm - 6:30 pm	Omnia Train	gym	
6:10 pm - 6:55 pm	Body Conditioning Class	studio 2	
6:10 pm - 6:55 pm	Les Mills Core	studio 1	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycle studio	
7:00 pm - 8:00 pm	Freedom Circuits	sports hall	
7:05 pm - 7:50 pm	Body Attack	studio 1	
7:05 pm - 7:50 pm	Body Pump	studio 2	
7:35 pm - 8:20 pm	Aqua Aerobics	multiuse pool	
8:00 pm - 8:45 pm	Body Balance	studio 2	
8:00 pm - 8:45 pm	Stretch and Relax	studio 1	