

exercise class programme

Littlehampton Wave

Accurate as of 19/05/2024

Times for Sunday 28 April			
Time	Session	Facility	Level
8:10 am - 8:55 am	Body Pump	studio 2	
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	
12:00 pm - 12:45 pm	MyRide Virtual	indoor cycle studio	