

exercise class programme

Arun Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 14 January



Time	Session	Facility	Level
6:45 am - 7:30 am	Body Pump	studio	
7:00 am - 7:30 am	HIIT Indoor Cycle	indoor cycling studio	intermediate
9:00 am - 9:30 am	Omnia Train	Gym	
9:00 am - 10:00 am	Pilates	studio	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
10:15 am - 11:15 am	Body Balance	studio	
11:30 am - 12:30 pm	Good Boost	main pool	
12:00 pm - 12:30 pm	Omnia Train	Gym	
1:30 pm - 2:30 pm	Yoga	studio	
6:00 pm - 6:30 pm	Omnia Train	Gym	
6:00 pm - 6:45 pm	Cardio Tone	gymnasium	
6:00 pm - 6:45 pm	Body Pump	studio	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
6:55 pm - 7:40 pm	Zumba	gymnasium	
7:15 pm - 7:45 pm	Basic Spin	indoor cycling studio	beginner
8:00 pm - 8:30 pm	Aqua Bootcamp	teaching pool	