

exercise class programme

Arun Leisure Centre

Accurate as of 18/05/2024

Times for Wednesday 15 January



Time	Session	Facility	Level
7:15 am - 7:45 am	Omnia Train	Gym	
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:00 am - 9:30 am	Omnia Train	Gym	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
10:35 am - 11:35 am	Supple Strength	studio	
12:30 pm - 1:00 pm	Freedom Indoor Cycling	indoor cycling studio	
2:30 pm - 3:15 pm	Exercise Referral	studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	indoor cycling studio	
6:00 pm - 6:45 pm	Supple Strength	studio	
6:15 pm - 7:15 pm	Body Combat	gymnasium	
7:00 pm - 7:30 pm	HIIT Indoor Cycle	indoor cycling studio	advanced
7:00 pm - 8:15 pm	Yoga	studio	
8:00 pm - 8:30 pm	Aqua Bootcamp	teaching pool	