

exercise class programme

Arun Leisure Centre

Accurate as of 05/05/2024

Times for Thursday 16 January



Time	Session	Facility	Level
6:45 am - 7:30 am	Body Pump	studio	
9:00 am - 9:20 am	Omnia Train	Gym	
9:15 am - 10:00 am	Aqua Circuits	main pool	
9:30 am - 10:30 am	HIIT Conditioning	studio	
10:15 am - 11:00 am	Aqua Aerobics	main pool	
10:40 am - 11:40 am	Supple Strength	studio	
5:30 pm - 6:10 pm	Supple Strength	studio	
6:00 pm - 6:30 pm	Omnia HIIT	Gym	
6:00 pm - 6:55 pm	Step Plus	gymnasium	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
6:15 pm - 7:00 pm	Pilates	studio	beginner
7:05 pm - 7:50 pm	Body Combat	gymnasium	
7:05 pm - 8:05 pm	Pilates	studio	intermediate