

exercise class programme

Arun Leisure Centre

Accurate as of 05/05/2024

Times for Friday 17 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	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:30 am	Legs, Bums & Tums	studio	
10:00 am - 10:30 am	Omnia Move	Gym	beginner
10:40 am - 11:40 am	Yoga	studio	
3:30 pm - 4:30 pm	Teen Yoga	studio	
6:00 pm - 6:55 pm	Freedom Circuits	gymnasium	
6:00 pm - 7:00 pm	Freedom Indoor Cycling & Circuits	indoor cycling studio	intermediate
6:00 pm - 7:00 pm	Body Pump	studio	