


exercise class programme

Arun Leisure Centre

Accurate as of 18/05/2024

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		