

exercise class programme

Arun Leisure Centre

Accurate as of 05/05/2024

Times for Saturday 18 January



Time	Session	Facility	Level
7:45 am - 8:30 am	Hydrospin	main pool	
8:50 am - 9:30 am	Freedom Indoor Cycling	indoor cycling studio	
9:15 am - 10:15 am	Cardio Tone	drama studio	
9:30 am - 10:00 am	Omnia Train	Gym	
9:30 am - 10:30 am	Body Pump	studio	
10:30 am - 11:15 am	Omnia Train	Gym	