

exercise class programme

Arun Leisure Centre

Accurate as of 17/05/2025

Times for Sunday 19 January



Time	Session	Facility	Level
8:30 am - 9:15 am	Supple Strength	studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:30 am - 10:30 am	Body Pump	studio	
10:15 am - 11:15 am	Omnia Train	Gym	
10:40 am - 11:40 am	Body Balance	studio	