

exercise class programme

Arun Leisure Centre

Accurate as of 26/04/2024

Times for Monday 20 January



Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
9:00 am - 9:20 am	Omnia Goal	Gym	
9:00 am - 9:45 am	Body Pump	studio	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
10:00 am - 10:45 am	Body Balance	studio	
11:00 am - 12:00 pm	Pilates	studio	
12:30 pm - 1:30 pm	Good Boost	main pool	
3:30 pm - 4:00 pm	Junior Omnia	Gym	
6:00 pm - 6:45 pm	Body Pump	studio	
6:00 pm - 6:45 pm	Omnia Train	Gym	
6:00 pm - 6:55 pm	Cardio Tone	gymnasium	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 7:45 pm	Dance Fusion	gymnasium	
7:00 pm - 8:15 pm	Yoga	studio	
7:15 pm - 8:00 pm	Aqua Aerobics	main pool	
8:15 pm - 9:30 pm	Yoga	studio	