

# exercise class programme

## Arun Leisure Centre

Accurate as of 17/05/2025

### Times for Wednesday 12 August



| Time               | Session                | Facility              | Level |
|--------------------|------------------------|-----------------------|-------|
| 7:15 am - 8:00 am  | Freedom Indoor Cycling | indoor cycling studio |       |
| 9:30 am - 10:30 am | Legs, Bums & Tums      | studio                |       |
| 6:00 pm - 6:45 pm  | Body Combat            | studio                |       |
| 6:30 pm - 7:15 pm  | Freedom Indoor Cycling | indoor cycling studio |       |
| 7:00 pm - 7:45 pm  | Body Pump              | studio                |       |