exercise class programme

Arun Leisure Centre

Accurate as of 12/10/2024

Times for Saturday 15 August

Time	Session	Facility	Level
9:00 am - 10:00 am	Cardio Tone	drama studio	
9:30 am - 10:30 am	Body Pump	studio	
10:45 am - 11:30 am	Omnia Train	Gym	