

# exercise class programme

## Arun Leisure Centre

Accurate as of 07/05/2024

Times for Monday 17 August			
Time	Session	Facility	Level
7:15 am - 8:00 am	Freedom Indoor Cycling	indoor cycling studio	
8:45 am - 9:15 am	Omnia Train	Gym	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	indoor cycling studio	
7:00 pm - 8:00 pm	Yoga	studio	
7:45 pm - 8:30 pm	Aqua Aerobics	main pool	