

# exercise class programme

## Arun Leisure Centre

Accurate as of 02/05/2024

Times for Tuesday 18 August			
Time	Session	Facility	Level
7:00 am - 7:30 am	HIIT Indoor Cycle	indoor cycling studio	
9:00 am - 9:30 am	Omnia Train	Gym	
9:15 am - 10:15 am	Pilates	studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	indoor cycling studio	
7:15 pm - 7:45 pm	Omnia Train	Gym	