

exercise class programme

Arun Leisure Centre

Accurate as of 18/05/2024

Times for Sunday 28 April			
Time	Session	Facility	Level
8:00 am - 8:45 am	Supple Strength	studio	
9:15 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	
4:00 pm - 4:30 pm	Omnia Move	Gym	beginner