

exercise class programme

Littlehampton Wave

Accurate as of 01/11/2024

Times for Monday 1 April



| Time | Session | Facility | Level |
|---------------------|-------------------------|---------------------|-------|
| 9:30 am - 10:15 am | Freedom Indoor Cycling | indoor cycle studio | |
| 9:30 am - 10:15 am | Body Conditioning Class | studio 2 | |
| 10:25 am - 11:10 am | Body Balance | studio 1 | |
| 12:00 pm - 12:45 pm | MyRide Virtual | indoor cycle studio | |