

# exercise class programme

## Littlehampton Wave

Accurate as of 01/11/2024

### Times for Friday 5 April



Time	Session	Facility	Level
6:40 am - 7:25 am	Freedom Indoor Cycling	indoor cycle studio	
8:30 am - 9:15 am	Body Conditioning Class	studio 2	
9:30 am - 10:15 am	Aqua Aerobics	main pool	
9:30 am - 10:15 am	Lift and Shape	studio 2	
10:30 am - 11:00 am	Fast Class Abs	studio 1	
12:00 pm - 12:45 pm	MyRide Virtual	indoor cycle studio	
6:10 pm - 6:55 pm	Yoga	studio 2	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycle studio	
7:05 pm - 7:50 pm	Body Pump	studio 2	
7:05 pm - 7:50 pm	Dance Fusion	studio 1	