

exercise class programme

Stafford Leisure Centre

Accurate as of 28/04/2024

Times for Monday 6 December



Time	Session	Facility	Instructor	Level
7:15 am - 8:15 am	Freedom Indoor Cycling & Circuits	indoor cycling studio	Di	
12:30 pm - 1:30 pm	Zumba	sports hall	Di	
5:00 pm - 6:00 pm	Pilates	fitness studio	Di	
5:30 pm - 6:30 pm	Freedom Indoor Cycling	indoor cycling studio	Colin	
6:00 pm - 7:00 pm	Freedom Step	fitness studio	Suzy	
6:15 pm - 7:15 pm	Stretch & Tone	sports hall	Di	
7:00 pm - 8:00 pm	Yoga	indoor cycling studio	Suzy	
7:00 pm - 8:00 pm	Les Mills BODYPUMP™	fitness studio	Dorian	