

exercise class programme

Stafford Leisure Centre

Accurate as of 28/04/2024

Times for Tuesday 7 December



Time	Session	Facility	Instructor	Level
9:30 am - 10:30 am	Exercise to Music	sports hall	Chloe	
10:00 am - 11:00 am	Yoga	fitness studio	Suzy	
11:00 am - 12:00 pm	Pilates	sports hall	Di	
12:30 pm - 1:30 pm	Fit Steps	sports hall	Di	
5:00 pm - 6:00 pm	Total Body Workout	sports hall	Di	
5:30 pm - 6:30 pm	Legs, Bums & Tums	fitness studio	Suzy	
6:15 pm - 7:15 pm	Yoga Deep Stretch	sports hall	Di	
6:30 pm - 7:30 pm	Les Mills BODYCOMBAT™	fitness studio	Dorian	