

exercise class programme

Stafford Leisure Centre

Accurate as of 30/04/2024

Times for Wednesday 15 December



Time	Session	Facility	Instructor	Level
7:15 am - 8:15 am	Freedom Indoor Cycling & Circuits	indoor cycling studio	Di	
9:40 am - 11:00 am	Multi-Workout	fitness studio	Suzy	
12:00 pm - 1:00 pm	Pilates	sports hall	Di	
5:00 pm - 6:00 pm	Zumba Toning	sports hall	Di	
5:30 pm - 6:30 pm	Zumba	fitness studio	Suzy	
6:15 pm - 7:15 pm	Yoga	sports hall	Di	
6:30 pm - 7:30 pm	Freedom Indoor Cycling & Abs	indoor cycling studio	Helen	
6:30 pm - 7:30 pm	Freedom Step	fitness studio	Suzy	
7:30 pm - 8:30 pm	Les Mills BODYPUMP™	fitness studio	Dorian	