

exercise class programme

Stafford Leisure Centre

Accurate as of 01/05/2024

Times for Thursday 16 December



Time	Session	Facility	Instructor	Level
9:15 am - 10:15 am	Exercise to Music	sports hall	Dominique	
11:00 am - 12:00 pm	Fit Steps	sports hall	Di	
12:15 pm - 1:15 pm	Pilates	sports hall	Di	
5:00 pm - 6:00 pm	Zumba	indoor cycling studio	Di	
5:15 pm - 6:15 pm	Les Mills BODYBALANCE™	fitness studio	Mel	
6:15 pm - 7:15 pm	Freedom Indoor Cycling & Circuits	indoor cycling studio	Di	
6:15 pm - 7:15 pm	Pilates	fitness studio	Mel	
7:15 pm - 8:15 pm	Les Mills BODYCOMBAT™	fitness studio	Dorian	
8:00 pm - 9:00 pm	Aqua Deep	main pool	Jane	