

exercise class programme

Stafford Leisure Centre

Accurate as of 01/05/2024

Times for Friday 17 December



Time	Session	Facility	Instructor	Level
10:00 am - 11:00 am	Yoga	fitness studio	Suzy	
11:15 am - 12:15 pm	Zumba Gold	fitness studio	Di	
12:30 pm - 1:30 pm	Freedom Indoor Cycling & Circuits	indoor cycling studio	Di	
5:00 pm - 6:00 pm	Zumba	fitness studio	Suzy	
6:00 pm - 7:00 pm	Freedom Step	fitness studio	Suzy	