

# exercise class programme

## Stafford Leisure Centre

Accurate as of 01/05/2024

### Times for Saturday 18 December



Time	Session	Facility	Instructor	Level
8:00 am - 9:00 am	Les Mills BODYCOMBAT™	fitness studio	Chloe	
9:00 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	Colin	
9:15 am - 10:15 am	Les Mills BODYPUMP™	fitness studio	Chloe	
10:30 am - 11:30 am	Les Mills BODYBALANCE™	fitness studio	Mel	