

exercise class programme

Stafford Leisure Centre

Accurate as of 06/05/2024

Times for Sunday 19 December



Time	Session	Facility	Instructor	Level
9:15 am - 10:15 am	Freedom Step	fitness studio	Suzy	
10:30 am - 11:30 am	Zumba	fitness studio	Suzy	
11:45 am - 12:45 pm	Les Mills BODYPUMP™	fitness studio	Chloe	
12:45 pm - 1:45 pm	Les Mills BODYCOMBAT™	fitness studio	Chloe	