

# exercise class programme

## Stafford Leisure Centre

Accurate as of 19/05/2024

### Times for Monday 22 April



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	MyRide Coach by Colour	myride studio		all levels
7:15 am - 8:15 am	Freedom Indoor Cycling & Circuits	indoor cycling studio	Di	
7:45 am - 8:30 am	MyRide Tour	myride studio		all levels
8:30 am - 9:15 am	MyRide Coach by Colour	myride studio		all levels
9:15 am - 10:15 am	MyRide Tour	myride studio		all levels
9:30 am - 10:30 am	Zumba Gold	sports hall	Ana	
10:15 am - 11:15 am	MyRide Coach by Colour	myride studio		all levels
11:00 am - 12:00 pm	Pilates	sports hall	Di	
11:15 am - 12:15 pm	MyRide Tour	myride studio		all levels
12:15 pm - 1:00 pm	MyRide Coach by Colour	myride studio		all levels
12:30 pm - 1:30 pm	Zumba	sports hall	Di	
1:00 pm - 1:45 pm	MyRide Tour	myride studio		all levels
1:45 pm - 2:30 pm	MyRide Coach by Colour	myride studio		all levels
2:30 pm - 3:30 pm	MyRide Tour	myride studio		all levels
3:30 pm - 4:30 pm	MyRide Coach by Colour	myride studio		all levels
4:30 pm - 5:15 pm	MyRide Tour	myride studio		all levels
5:00 pm - 6:00 pm	Pilates	fitness studio	Di	
5:15 pm - 6:15 pm	MyRide Tour	myride studio		all levels
5:30 pm - 6:30 pm	Freedom Indoor Cycling	indoor cycling studio	Colin	
6:00 pm - 7:00 pm	Freedom Step	fitness studio	Suzy	
6:15 pm - 7:15 pm	Stretch & Tone	sports hall	Di	

<b>Time</b>	<b>Session</b>	<b>Facility</b>	<b>Instructor</b>	<b>Level</b>
6:15 pm - 7:15 pm	MyRide Coach by Colour	myride studio		all levels
7:00 pm - 8:00 pm	Yoga	indoor cycling studio	Suzy	
7:00 pm - 8:00 pm	Les Mills BODYPUMP™	fitness studio	Dorian	
7:15 pm - 8:45 pm	MyRide Tour	myride studio		all levels