

exercise class programme

Stafford Leisure Centre

Accurate as of 07/05/2024

Times for Sunday 28 April



Time	Session	Facility	Instructor	Level
8:30 am - 9:30 am	MyRide Coach by Colour	myride studio		all levels
9:15 am - 10:15 am	Freedom Step	fitness studio	Suzy	
9:30 am - 10:30 am	MyRide Coach by Colour	myride studio		all levels
10:30 am - 11:30 am	Zumba	fitness studio	Suzy	
10:30 am - 11:30 am	MyRide Coach by Colour	myride studio		all levels
11:30 am - 12:30 pm	MyRide Coach by Colour	myride studio		all levels
11:45 am - 12:45 pm	Les Mills BODYPUMP™	fitness studio	Chloe	
12:30 pm - 1:30 pm	MyRide Coach by Colour	myride studio		all levels
12:45 pm - 1:45 pm	Les Mills BODYCOMBAT™	fitness studio	Chloe	
1:30 pm - 2:30 pm	MyRide Coach by Colour	myride studio		all levels
2:30 pm - 3:30 pm	MyRide Coach by Colour	myride studio		all levels