

exercise class programme

Stafford Leisure Centre

Accurate as of 19/05/2024

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 |