

exercise class programme

Stafford Leisure Centre

Accurate as of 07/05/2024

Times for Wednesday 1 May



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
9:40 am - 11:00 am	Multi-Workout	fitness studio	Suzy	
10:15 am - 11:15 am	MyRide Coach by Colour	myride studio		all levels
11:15 am - 12:15 pm	MyRide Tour	myride studio		all levels
12:00 pm - 1:00 pm	Pilates	sports hall	Di	
12:15 pm - 1:00 pm	MyRide Coach by Colour	myride studio		all levels
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	Zumba Toning	sports hall	Di	
5:15 pm - 6:15 pm	MyRide Tour	myride studio		all levels
5:30 pm - 6:30 pm	Zumba	fitness studio	Suzy	
6:15 pm - 7:15 pm	Yoga	sports hall	Di	
6:15 pm - 7:15 pm	MyRide Coach by Colour	myride studio		all levels
6:30 pm - 7:30 pm	Freedom Indoor Cycling & Abs	indoor cycling studio	Helen	

Time	Session	Facility	Instructor	Level
6:30 pm - 7:30 pm	Freedom Step	fitness studio	Suzy	
7:15 pm - 8:45 pm	MyRide Tour	myride studio		all levels
7:30 pm - 8:30 pm	Les Mills BODYPUMP™	fitness studio	Dorian	