

exercise class programme

Stafford Leisure Centre

Accurate as of 20/05/2024

Times for Saturday 4 May



Time	Session	Facility	Instructor	Level
8:00 am - 9:00 am	Les Mills BODYCOMBAT™	fitness studio	Chloe	
8:30 am - 9:30 am	MyRide Coach by Colour	myride studio		all levels
9:00 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio	Colin	
9:15 am - 10:15 am	Les Mills BODYPUMP™	fitness studio	Chloe	
9:30 am - 10:30 am	MyRide Coach by Colour	myride studio		all levels
10:30 am - 11:30 am	Les Mills BODYBALANCE™	fitness studio	Mel	
10:30 am - 11:30 am	MyRide Coach by Colour	myride studio		all levels
11:30 am - 12:30 pm	Tai Chi	fitness studio	Cristian	
11:30 am - 12:30 pm	MyRide Coach by Colour	myride studio		all levels
12:30 pm - 1:30 pm	MyRide Coach by Colour	myride studio		all levels
12:45 pm - 1:45 pm	Tai Chi	fitness studio	Cristian	
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