

exercise class programme

Stafford Leisure Centre

Accurate as of 24/05/2026

Times for Monday 27 April



| Time | Session | Facility | Instructor | Level |
|---------------------|------------------------|-----------------------|------------|------------|
| 9:30 am - 10:30 am | Zumba Gold | sports hall | | |
| 10:00 am - 10:50 am | Chair Based Yoga | training suite | | all levels |
| 10:30 am - 11:30 am | Aqua Flow | teaching pool | | all levels |
| 11:00 am - 12:00 pm | Pilates | sports hall | | |
| 12:30 pm - 1:15 pm | Les Mills SHAPES | fitness studio | | |
| 12:30 pm - 1:30 pm | Zumba | sports hall | | |
| 5:00 pm - 6:00 pm | Pilates | fitness studio | | |
| 5:30 pm - 6:30 pm | Freedom Indoor Cycling | indoor cycling studio | | |
| 6:00 pm - 7:00 pm | Freedom Step | fitness studio | | |
| 6:15 pm - 7:15 pm | Stretch & Tone | sports hall | | |
| 7:00 pm - 8:00 pm | Yoga | indoor cycling studio | | |
| 7:00 pm - 8:00 pm | Les Mills BODYPUMP™ | fitness studio | | |