

exercise class programme

Stafford Leisure Centre

Accurate as of 24/05/2026

Times for Tuesday 28 April



Time	Session	Facility	Instructor	Level
10:00 am - 11:00 am	Yoga	fitness studio		
11:00 am - 12:00 pm	Tai Chi	fitness studio		
11:00 am - 12:00 pm	Pilates	sports hall		
12:30 pm - 1:30 pm	Fit Steps	sports hall		
5:00 pm - 6:00 pm	Freedom Indoor Cycling & Circuits	indoor cycling studio		
5:30 pm - 6:30 pm	Legs, Bums & Tums	fitness studio		
6:15 pm - 7:15 pm	Yoga Deep Stretch	sports hall		all levels
6:30 pm - 7:30 pm	Les Mills BODYCOMBAT™	fitness studio		
6:30 pm - 7:30 pm	Body Balance	indoor cycling studio		
7:30 pm - 8:15 pm	Les Mills BODYPUMP™	fitness studio		