

exercise class programme

Stafford Leisure Centre

Accurate as of 24/05/2026

Times for Wednesday 29 April



Time	Session	Facility	Instructor	Level
7:00 am - 7:45 am	Les Mills STRENGTH DEVELOPMENT	fitness studio		
9:40 am - 11:00 am	Multi-Workout	fitness studio		
11:00 am - 12:00 pm	Yoga	fitness studio		
12:00 pm - 1:00 pm	Pilates	sports hall		
1:30 pm - 2:00 pm	Multi-Workout	Gym		
5:15 pm - 6:15 pm	Freedom Indoor Cycling & Abs	indoor cycling studio		
5:15 pm - 6:15 pm	Zumba Toning	sports hall		
5:30 pm - 6:30 pm	Zumba	fitness studio		
6:30 pm - 7:30 pm	Yoga	sports hall		
6:30 pm - 7:30 pm	Freedom Step	fitness studio		
7:30 pm - 8:30 pm	Les Mills BODYPUMP™	fitness studio		