

# exercise class programme

## Stafford Leisure Centre

Accurate as of 24/05/2026

### Times for Thursday 30 April



Time	Session	Facility	Instructor	Level
6:30 am - 7:30 am	Freedom Indoor Cycling & Abs	indoor cycling studio		
9:30 am - 10:30 am	Zumba Toning	sports hall		
10:45 am - 11:45 am	Qi Gong	fitness studio		
11:00 am - 12:00 pm	Fit Steps	sports hall		
12:15 pm - 1:15 pm	Pilates	sports hall		
1:30 pm - 2:00 pm	Multi-Workout	Gym		
5:00 pm - 6:00 pm	Zumba	indoor cycling studio		
5:30 pm - 6:30 pm	Les Mills BODYBALANCE™	fitness studio		
6:15 pm - 7:15 pm	Freedom Indoor Cycling & Circuits	indoor cycling studio		
6:30 pm - 7:30 pm	Les Mills SHAPES	fitness studio		
7:15 pm - 8:15 pm	Les Mills BODYCOMBAT™	fitness studio		
8:00 pm - 9:00 pm	Aqua Deep	main pool		