

# exercise class programme

## Stafford Leisure Centre

Accurate as of 24/05/2026

### Times for Friday 1 May



Time	Session	Facility	Instructor	Level
10:00 am - 11:00 am	Yoga	fitness studio		
10:30 am - 11:15 am	Aqua Zumba	main pool		
11:15 am - 12:15 pm	Zumba Gold	fitness studio		
12:30 pm - 1:30 pm	Freedom Indoor Cycling & Circuits	indoor cycling studio		
1:30 pm - 2:00 pm	Multi-Workout	Gym		
5:00 pm - 6:00 pm	Zumba	indoor cycling studio		
5:00 pm - 6:00 pm	Les Mills STRENGTH DEVELOPMENT	fitness studio		
6:00 pm - 7:00 pm	Freedom Step	fitness studio		