

exercise class programme

Stafford Leisure Centre

Accurate as of 24/05/2026

Times for Saturday 2 May



Time	Session	Facility	Instructor	Level
8:00 am - 9:00 am	Les Mills BODYCOMBAT™	fitness studio		
9:00 am - 10:00 am	Freedom Indoor Cycling	indoor cycling studio		
9:15 am - 10:15 am	Les Mills BODYPUMP™	fitness studio		
10:30 am - 11:30 am	Les Mills BODYBALANCE™	fitness studio		
11:30 am - 12:30 pm	Tai Chi	fitness studio		