

exercise class programme

Stafford Leisure Centre

Accurate as of 24/05/2026

Times for Sunday 3 May



Time	Session	Facility	Instructor	Level
9:00 am - 10:00 am	Freedom Step	fitness studio		
10:00 am - 11:00 am	Zumba	indoor cycling studio		
10:30 am - 11:30 am	Les Mills BODYCOMBAT™	fitness studio		
11:30 am - 12:30 pm	Les Mills BODYPUMP™	fitness studio		