

# group exercise programme

## Stone Leisure Centre

Accurate as of 03/05/2024

### Times for Monday 15 August



Time	Session	Facility	Level
9:45 am - 10:30 am	Aqua Aerobics	pool	
10:15 am - 11:15 am	Pilates	studio 1	
6:00 pm - 7:00 pm	Body Pump	studio 2	
6:00 pm - 7:00 pm	Body Balance	studio 1	
7:15 pm - 8:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:15 pm	Legs, Bums & Tums	studio 2	
7:15 pm - 8:15 pm	Body Combat	studio 1	