group exercise programme
Stone Leisure Centre

Accurate as of 23/04/2024

Times for Friday 19 August

Time	Session	Facility	Level
10:00 am - 11:00 am	Pilates	studio 1	
11:15 am - 12:15 pm	Body Pump	studio 1	
6:00 pm - 7:00 pm	Body Combat	studio 2	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	MyRide Studio	