group exercise programme
Stone Leisure Centre

Accurate as of 05/05/2024

Times for Sunday 21 August

Time	Session	Facility	Level
9:30 am - 10:30 am	Freedom Indoor Cycling	MyRide Studio	
10:00 am - 11:00 am	Body Balance	studio 1	
11:15 am - 12:15 pm	Pilates	studio 1	
12:30 pm - 1:30 pm	Body Pump	studio 2	