

# group exercise programme

## Stone Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 23 August			
Time	Session	Facility	Level
9:30 am - 10:30 am	Pilates	studio 2	
10:45 am - 11:45 am	Yoga	studio 1	
12:15 pm - 1:15 pm	Pilates	studio 1	
6:30 pm - 7:30 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:15 pm	Legs, Bums & Tums	studio 2	