

# group exercise programme

## Stone Leisure Centre

Accurate as of 20/04/2024

### Times for Wednesday 24 August



Time	Session	Facility	Level
9:30 am - 10:30 am	Body Pump	studio 2	
10:45 am - 11:45 am	Body Balance	studio 1	
6:30 pm - 7:30 pm	Yoga	studio 1	