

group exercise programme

Stone Leisure Centre

Accurate as of 30/04/2024

Times for Friday 26 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	
7:00 pm - 7:45 pm	Aqua Aerobics	pool	