

group exercise programme

Stone Leisure Centre

Accurate as of 16/05/2024

Times for Monday 25 March



Time	Session	Facility	Level
9:45 am - 10:30 am	Aqua Aerobics	pool	
10:15 am - 11:15 am	Pilates	studio 1	
11:15 am - 12:15 pm	Tai Chi / Tai Chi	studio 2	
12:30 pm - 1:30 pm	Zumba Gold	studio 2	
6:00 pm - 7:00 pm	Body Pump	studio 2	
6:00 pm - 7:00 pm	Body Balance	studio 1	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:15 pm	Legs, Bums & Tums	studio 2	
7:15 pm - 8:15 pm	Body Combat	studio 1	