

group exercise programme

Stone Leisure Centre

Accurate as of 16/05/2024

Times for Wednesday 27 March



Time	Session	Facility	Level
9:30 am - 10:30 am	Body Pump	studio 2	
10:45 am - 11:45 am	Body Balance	studio 1	
12:00 pm - 1:00 pm	Pilates	studio 1	
6:00 pm - 7:00 pm	Boxercise	studio 2	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	MyRide Studio	
6:30 pm - 7:30 pm	Yoga	studio 1	
7:15 pm - 8:15 pm	Body Blast	studio 2	