

group exercise programme

Stone Leisure Centre

Accurate as of 29/04/2024

Times for Thursday 28 March			
Time	Session	Facility	Level
9:30 am - 10:30 am	Yoga	studio 1	
10:45 am - 11:45 am	Functional Fitness	studio 1	
12:00 pm - 1:00 pm	Tai Chi / Tai Chi	studio 1	
5:45 pm - 6:45 pm	Circuits	studio 2	
6:30 pm - 7:30 pm	Pilates	studio 1	
6:45 pm - 7:45 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:15 pm	Legs, Bums & Tums	studio 2	