

# group exercise programme

## Stone Leisure Centre

Accurate as of 01/05/2024

### Times for Friday 29 March



Time	Session	Facility	Level
10:00 am - 11:00 am	Pilates	studio 1	
11:15 am - 12:15 pm	Body Pump	studio 1	
12:00 pm - 1:30 pm	Private Hire	MyRide Studio	
5:00 pm - 5:45 pm	Freedom Indoor Cycling	MyRide Studio	