

# group exercise programme

## Stone Leisure Centre

Accurate as of 30/04/2024

### Times for Sunday 31 March



Time	Session	Facility	Level
9:30 am - 10:15 am	Freedom Indoor Cycling	MyRide Studio	
10:00 am - 11:00 am	Body Balance	studio 1	
11:15 am - 12:15 pm	Pilates	studio 1	
12:30 pm - 1:30 pm	Body Pump	studio 2	