

# group exercise programme

## Stone Leisure Centre

Accurate as of 01/05/2024

### Times for Monday 1 April



Time	Session	Facility	Level
9:00 am - 10:00 am	Body Pump	studio 2	
9:45 am - 10:30 am	Aqua Aerobics	pool	
10:05 am - 11:00 am	Body Combat	studio 1	
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	
5:00 pm - 6:00 pm	Body Balance	studio 1	