

group exercise programme

Stone Leisure Centre

Accurate as of 01/05/2024

Times for Tuesday 2 April



| Time | Session | Facility | Level |
|---------------------|------------------------|---------------|-------|
| 9:30 am - 10:30 am | Pilates | studio 2 | |
| 10:45 am - 11:45 am | Yoga | studio 1 | |
| 12:15 pm - 1:15 pm | Pilates | studio 1 | |
| 6:00 pm - 7:00 pm | Body Pump | studio 2 | |
| 6:30 pm - 7:30 pm | Freedom Indoor Cycling | MyRide Studio | |
| 7:15 pm - 8:15 pm | Legs, Bums & Tums | studio 2 | |