

group exercise programme

Stone Leisure Centre

Accurate as of 13/06/2026

Times for Saturday 13 June



| Time | Session | Facility | Level |
|---------------------|---------------------------|---------------|-------|
| 9:00 am - 9:45 am | Les Mills Body Pump HEAVY | studio 2 | |
| 10:00 am - 11:00 am | Zumba | studio 2 | |
| 11:15 am - 12:15 pm | Fitness Yoga | studio 2 | |
| 1:00 pm - 2:00 pm | MyRide Virtual | MyRide Studio | |