

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Monday 21 September



Time	Session	Facility	Level
9:45 am - 10:30 am	Aqua Aerobics	pool	
10:00 am - 11:00 am	MyRide Virtual	MyRide Studio	
10:15 am - 11:15 am	Pilates	studio 1	
10:15 am - 11:15 am	Pilates	studio 1	
10:15 am - 11:15 am	Body Combat	studio 2	
11:30 am - 12:30 pm	Tai Chi / Tai Chi	studio 2	
12:30 pm - 1:30 pm	Zumba Gold	studio 2	
2:00 pm - 3:00 pm	MyRide Virtual	MyRide Studio	
5:00 pm - 6:00 pm	Body Balance	studio 1	
6:00 pm - 7:00 pm	Body Pump	studio 2	
6:00 pm - 7:00 pm	Body Balance	studio 1	
6:15 pm - 7:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:15 pm	Cardio Tone	studio 2	
7:15 pm - 8:15 pm	Body Combat	studio 1	