

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Tuesday 22 September



Time	Session	Facility	Level
9:15 am - 10:00 am	Les Mills STRENGTH DEVELOPMENT	studio 2	
9:30 am - 10:30 am	Pilates	studio 1	
10:00 am - 11:00 am	MyRide Virtual	MyRide Studio	
10:45 am - 11:45 am	Yoga	studio 1	
10:45 am - 11:45 am	Les Mills SHAPES	studio 2	
12:15 pm - 1:15 pm	Pilates	studio 1	
12:15 pm - 1:15 pm	Cycle Fit	MyRide Studio	
2:00 pm - 3:00 pm	MyRide Virtual	MyRide Studio	
6:00 pm - 7:00 pm	Les Mills Body Pump HEAVY	studio 2	
6:00 pm - 7:00 pm	Zumba Toning	studio 1	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	MyRide Studio	
7:15 pm - 8:15 pm	Cardio Tone	studio 2	
8:05 pm - 8:50 pm	Aqua Zumba	pool	