

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Wednesday 23 September			
Time	Session	Facility	Level
9:30 am - 10:30 am	Body Pump	studio 2	
10:00 am - 10:45 am	Aqua Zumba	pool	
10:00 am - 11:00 am	MyRide Virtual	MyRide Studio	
10:45 am - 11:45 am	Les Mills BODYBALANCE™	studio 1	
12:00 pm - 1:00 pm	Pilates	studio 1	
2:00 pm - 3:00 pm	MyRide Virtual	MyRide Studio	
6:00 pm - 6:45 pm	Freedom Indoor Cycling	MyRide Studio	
6:00 pm - 7:00 pm	Boxercise	studio 2	
6:30 pm - 7:30 pm	Yoga	studio 1	
7:15 pm - 8:15 pm	Body Blast	studio 2	