

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Thursday 24 September



Time	Session	Facility	Level
9:15 am - 10:00 am	Les Mills STRENGTH DEVELOPMENT	studio 2	
10:00 am - 11:00 am	MyRide Virtual	MyRide Studio	
10:30 am - 11:30 am	Qi Gong	studio 1	
11:45 am - 12:45 pm	Pilates	studio 1	
2:00 pm - 2:45 pm	Aqua Zumba	pool	
2:00 pm - 3:00 pm	MyRide Virtual	MyRide Studio	
5:45 pm - 6:45 pm	Circuits	studio 2	
6:00 pm - 6:30 pm	Closed	MyRide Studio	
6:00 pm - 7:00 pm	Pilates	studio 1	
6:45 pm - 7:30 pm	Freedom Indoor Cycling	MyRide Studio	
7:00 pm - 7:45 pm	Les Mills SHAPES	studio 2	
7:00 pm - 8:00 pm	Legs, Bums & Tums	studio 1	