

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Friday 25 September			
Time	Session	Facility	Level
9:00 am - 10:00 am	Pilates	studio 1	
10:00 am - 11:00 am	MyRide Virtual	MyRide Studio	
10:05 am - 11:05 am	Pilates	studio 1	
11:15 am - 12:15 pm	Body Pump	studio 2	
12:30 pm - 1:30 pm	Yoga	studio 1	
2:00 pm - 3:00 pm	MyRide Virtual	MyRide Studio	
4:00 pm - 4:30 pm	Closed	MyRide Studio	
5:00 pm - 6:00 pm	Body Pump	studio 2	
6:00 pm - 7:00 pm	Body Combat	studio 2	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:00 pm - 7:45 pm	Aqua Aerobics	pool	