

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Saturday 26 September

Time	Session	Facility	Level
9:00 am - 9:45 am	Les Mills Body Pump HEAVY	studio 2	
10:00 am - 11:00 am	Zumba	studio 2	
11:15 am - 12:15 pm	Fitness Yoga	studio 2	
1:00 pm - 2:00 pm	MyRide Virtual	MyRide Studio	