

group exercise programme

Stone Leisure Centre

Accurate as of 21/09/2026

Times for Sunday 27 September

Time	Session	Facility	Level
9:30 am - 10:30 am	Body Balance	studio 1	
9:30 am - 10:30 am	Freedom Indoor Cycling	MyRide Studio	
10:45 am - 11:45 am	Pilates	studio 1	
10:45 am - 11:45 am	Body Combat	studio 2	
12:00 pm - 1:00 pm	Body Pump	studio 2	
1:00 pm - 2:00 pm	MyRide Virtual	MyRide Studio	