## exercise class programme The Stour Centre

## Accurate as of 28/04/2024

Times for Tuesday 21 September			<b>©</b>
Time	Session	Facility	Instructor
9:15 am - 10:00 am	Legs, Bums & Tums	studio 1	Emma C
6:15 pm - 7:15 pm	Body Pump	studio 1	Marina