

# exercise class programme

## The Stour Centre

Accurate as of 03/05/2024

Times for Wednesday 22 September			
Time	Session	Facility	Instructor
10:25 am - 11:25 am	Yoga	studio 2	Ann
6:00 pm - 6:45 pm	Body Step	studio 1	Kirstie
7:15 pm - 7:45 pm	GRIT Strength	studio 1	Emma C