

exercise class programme

The Stour Centre

Accurate as of 23/04/2024

Times for Thursday 23 September



| Time | Session | Facility | Instructor |
|---------------------|-------------|----------|------------|
| 9:15 am - 10:00 am | Body Attack | studio 1 | Emma C |
| 10:15 am - 11:00 am | Core | studio 1 | Emma C |
| 6:00 pm - 7:00 pm | Body Pump | studio 1 | Andy |