

# exercise class programme

## The Stour Centre

Accurate as of 13/05/2024

Times for Monday 15 August			
Time	Session	Facility	Instructor
9:30 am - 10:15 am	Body Conditioning	studio 1	Emma C
10:30 am - 11:15 am	Aqua (Combined)	main pool	Lisa
10:40 am - 11:40 am	Yoga	studio 2	Ann
6:00 pm - 6:45 pm	Body Step	studio 1	Kirstie
6:00 pm - 6:45 pm	Body Balance	studio 2	Emma C
6:00 pm - 6:45 pm	RPM	indoor cycling studio	Ange
7:00 pm - 8:00 pm	Legs, Bums & Tums	studio 1	Emma C