

# exercise class programme

## The Stour Centre

Accurate as of 30/04/2024

### Times for Thursday 18 August



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
6:30 pm - 7:00 pm	Les Mills Sprint	indoor cycling studio	Marina