exercise class programme

The Stour Centre

Accurate as of 25/04/2024

Times for Friday 19 August

Time	Session	Facility	Instructor
9:30 am - 10:15 am	TONE	studio 1	Emma C
9:30 am - 10:15 am	RPM	indoor cycling studio	Ange
10:30 am - 11:15 am	Aqua Deep	main pool	Emma C
11:00 am - 12:00 pm	Active 4 Life	studio 1	Claire
11:15 am - 12:00 pm	Aqua Shallow	main pool	Emma C
6:00 pm - 6:45 pm	Core	studio 1	Emma C
6:00 pm - 7:00 pm	Yoga	studio 2	Alison A