

exercise class programme

The Stour Centre

Accurate as of 02/05/2024

Times for Saturday 20 August			
Time	Session	Facility	Instructor
8:15 am - 9:00 am	RPM	indoor cycling studio	Marina
8:15 am - 9:15 am	Yoga	studio 2	Alison A
9:15 am - 10:15 am	Body Pump	studio 1	Marina