


exercise class programme

The Stour Centre

Accurate as of 03/05/2024

Times for Tuesday 23 August				
Time	Session	Facility	Instructor	
9:15 am - 10:00 am	Legs, Bums & Tums	studio 1	Emma C	
10:15 am - 11:00 am	Body Balance	studio 2	Emma C	
6:15 pm - 7:15 pm	Body Pump	studio 1	Marina	
7:25 pm - 8:10 pm	Body Attack	studio 1	Emma C	
7:30 pm - 8:00 pm	Les Mills Sprint	indoor cycling studio	Marina	