

# exercise class programme

## The Stour Centre

Accurate as of 23/04/2024

### Times for Wednesday 24 August



Time	Session	Facility	Instructor
10:25 am - 11:25 am	Yoga	studio 2	Ann
6:00 pm - 6:45 pm	Body Step	studio 1	Kirstie
7:15 pm - 7:45 pm	GRIT Strength	studio 1	Emma C