

exercise class programme

The Stour Centre

Accurate as of 15/05/2024

Times for Tuesday 26 March



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
11:15 am - 12:15 pm	Active 4 Life	studio 1	Sarah
12:30 pm - 1:30 pm	Pilates	studio 2	Sarah
6:00 pm - 6:45 pm	Les Mills Dance	studio 2	Ally
6:15 pm - 7:15 pm	Body Pump	studio 1	Andy
6:30 pm - 7:15 pm	RPM	indoor cycling studio	Becky
7:25 pm - 8:10 pm	Body Attack	studio 1	Emma C
7:30 pm - 8:00 pm	Les Mills Sprint (Cancelled)	indoor cycling studio	Marina