

exercise class programme

The Stour Centre

Accurate as of 14/05/2024

Times for Wednesday 27 March



Time	Session	Facility	Instructor
6:45 am - 7:30 am	Freedom Indoor Cycling	indoor cycling studio	Linda Delport
9:30 am - 10:15 am	Body Pump	studio 1	Ann
10:25 am - 11:25 am	Yoga	studio 2	Ann
10:30 am - 11:15 am	HIIT	gym	Jack
5:30 pm - 8:15 pm	Body Balance	studio 2	Emma C
6:00 pm - 6:45 pm	Body Step	studio 1	Kirstie
6:15 pm - 7:00 pm	Freedom Indoor Cycling	indoor cycling studio	Emma C
7:15 pm - 7:45 pm	GRIT Strength	studio 1	Emma C