

# exercise class programme

## The Stour Centre

Accurate as of 14/05/2024

Times for Saturday 30 March			
Time	Session	Facility	Instructor
8:15 am - 9:00 am	RPM (Cancelled)	indoor cycling studio	Marina
8:15 am - 9:15 am	Yoga	studio 2	Alison A
9:15 am - 10:15 am	Body Pump (Cancelled)	studio 1	Marina