

exercise class programme

The Stour Centre

Accurate as of 14/05/2024

Times for Sunday 31 March



Time	Session	Facility	Instructor
9:00 am - 10:00 am	Body Pump	studio 1	Andy
9:30 am - 10:15 am	Freedom Indoor Cycling	indoor cycling studio	Linda Delport
10:15 am - 11:00 am	Zumba	studio 1	Ally