

exercise class programme

The Stour Centre

Accurate as of 01/05/2024

Times for Monday 1 April



Time	Session	Facility	Instructor
7:00 am - 7:45 am	Vibe Cycle	indoor cycling studio	Linda Delport
9:30 am - 10:15 am	Body Conditioning	studio 1	Emma C
10:25 am - 11:10 am	Les Mills Core	studio 1	Emma C
10:30 am - 11:15 am	Aqua (Combined)	main pool	Lisa
10:40 am - 11:40 am	Yoga	studio 2	Ann
12:00 pm - 1:00 pm	Pilates	studio 2	Ann
6:00 pm - 6:45 pm	Body Step	studio 1	Kirstie
6:00 pm - 6:45 pm	Body Balance	studio 2	Emma C
6:00 pm - 6:45 pm	RPM (Cancelled)	indoor cycling studio	Ange
7:00 pm - 8:00 pm	Legs, Bums & Tums	studio 1	Emma C