

exercise class programme

The Stour Centre

Accurate as of 14/05/2024

Times for Thursday 4 April



Time	Session	Facility	Instructor
9:15 am - 10:00 am	Body Attack	studio 1	Emma C
9:15 am - 10:15 am	Yoga	studio 2	Alison A
10:15 am - 11:00 am	Core	studio 1	Emma C
10:30 am - 11:15 am	Aqua Deep	main pool	Lisa
11:15 am - 12:00 pm	Aqua Shallow	main pool	Lisa
11:15 am - 12:15 pm	Active 4 Life	studio 1	Emma C
12:30 pm - 1:15 pm	Body Balance	studio 2	Emma C
6:00 pm - 7:00 pm	Body Pump	studio 1	Andy
6:30 pm - 7:00 pm	Les Mills Sprint	indoor cycling studio	Marina
7:10 pm - 7:55 pm	Les Mills SHAPES	studio 1	Marina
7:15 pm - 8:00 pm	Zumba	studio 1	Ally