

exercise class programme

The Stour Centre

Accurate as of 15/05/2024

Times for Friday 5 April



| Time | Session | Facility | Instructor |
|---------------------|---------------|-----------------------|------------|
| 9:30 am - 10:15 am | TONE | studio 1 | Emma C |
| 9:30 am - 10:15 am | RPM | indoor cycling studio | Ange |
| 10:30 am - 11:15 am | Aqua Deep | main pool | Emma C |
| 10:30 am - 11:15 am | Body Balance | studio 2 | Ange |
| 11:00 am - 12:00 pm | Active 4 Life | studio 1 | Claire |
| 11:15 am - 12:00 pm | Aqua Shallow | main pool | Emma C |
| 6:00 pm - 6:45 pm | Core | studio 1 | Emma C |
| 6:00 pm - 7:00 pm | Yoga | studio 2 | Alison A |