

exercise class programme

The Stour Centre

Accurate as of 15/05/2024

Times for Sunday 7 April



| Time | Session | Facility | Instructor |
|---------------------|------------|-----------------------|------------|
| 9:00 am - 10:00 am | Body Pump | studio 1 | Andy |
| 9:30 am - 10:15 am | Vibe Cycle | indoor cycling studio | Rebecca |
| 10:15 am - 11:00 am | Zumba | studio 1 | Ally |