Group Exercise Programme
De Stafford Sports Centre

Accurate as of 12/10/2024

Times for Friday 10 December

Time	Session	Facility	Level
9:15 am - 10:15 am	Total Body Conditioning	Studio	
10:20 am - 11:15 am	Body Balance	Studio	
11:15 am - 12:00 pm	Pilates	Studio	