

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 24/04/2024

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 | |