

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 16/05/2024

Times for Sunday 12 December			
Time	Session	Facility	Level
9:00 am - 10:00 am	Body Pump	Studio	
9:15 am - 10:15 am	Fitness Pilates	Studio	
10:15 am - 11:15 am	Body Combat	Studio	