

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 03/05/2024

Times for Wednesday 15 December



Time	Session	Facility	Level
9:00 am - 9:55 am	Body Combat	Studio	
10:00 am - 11:00 am	Body Balance	Studio	
12:45 pm - 1:30 pm	Aqua Aerobics	Indoor Pool (25.0m)	
2:45 pm - 3:45 pm	50+ Pilates	Studio	
5:30 pm - 6:30 pm	HIIT	Studio	
6:00 pm - 7:00 pm	Body Pump	Studio	
7:15 pm - 8:00 pm	Aqua Aerobics	Indoor Pool (25.0m)	