

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 03/05/2024

Times for Thursday 16 December



Time	Session	Facility	Level
8:30 am - 9:30 am	Wellbeing Workout	Studio	
9:30 am - 10:30 am	Freedom Step	Studio	
11:00 am - 12:00 pm	Pilates	Studio	
12:00 pm - 1:00 pm	Pilates	Studio	
6:00 pm - 7:00 pm	Freedom Circuits	Studio	
7:00 pm - 8:00 pm	Fitness Pilates	Studio	