

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 17/05/2024

Times for Saturday 18 December			
Time	Session	Facility	Level
8:30 am - 9:30 am	Body Balance	Studio	
9:30 am - 10:30 am	20,20,20	Studio	
11:00 am - 12:00 pm	Zumba	Studio	