

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 03/05/2024

Times for Sunday 19 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 | |