

Group Exercise Programme

De Stafford Sports Centre

Accurate as of 18/05/2024

Times for Tuesday 23 April



Time	Session	Facility	Level
8:00 am - 9:00 am	Pilates	Studio	
9:30 am - 10:30 am	Freedom Step	Studio	
9:30 am - 10:30 am	Total Body Conditioning	Studio	
10:30 am - 11:30 am	Pilates	Studio	
1:00 pm - 2:00 pm	Paracise	Studio	
5:30 pm - 6:30 pm	Ab Attack	Studio	
7:00 pm - 8:00 pm	Body Combat	Studio	
7:00 pm - 8:00 pm	Pilates	Studio	
8:00 pm - 9:00 pm	Hatha Yoga	Studio	