

# Group Exercise Programme

## De Stafford Sports Centre

Accurate as of 06/05/2024

### Times for Monday 29 April



Time	Session	Facility	Level
8:00 am - 9:00 am	Paracise	Studio	
9:00 am - 9:45 am	Aqua Aerobics	Indoor Pool (25.0m)	
9:00 am - 10:00 am	PiYo	Studio	
9:30 am - 10:30 am	HIIT	Studio	
10:00 am - 11:00 am	Wellbeing Workout	Studio	
11:00 am - 12:00 pm	Zumba	Studio	
1:00 pm - 2:00 pm	Fitness Pilates	Studio	
5:15 pm - 6:15 pm	HIIT	Studio	
6:30 pm - 7:30 pm	Body Pump	Studio	
7:30 pm - 8:30 pm	Dance Aerobics	Studio	
7:30 pm - 8:30 pm	Pilates	Studio	