

Class Timetable

Long Stratton Leisure Centre

Accurate as of 28/07/2026

Times for Thursday 16 July			
Time	Session	Facility	
09:15 - 10:15	Totally Shredded	Studio	
10:15 - 11:00	Hatha Yoga	Studio	
11:00 - 12:00	SOSA	Studio	
12:00 - 13:00	Lunch Time Yoga	Studio	
18:00 - 18:45	Total Body Conditioning	Studio	
19:00 - 19:30	Core Conditioning	Studio	
19:30 - 20:30	Yoga	Studio	