

# group exercise programme

## Stone Leisure Centre

Accurate as of 05/05/2024

### Times for Thursday 16 May



Time	Session	Facility	Level
6:30 am - 7:15 am	MyRide Virtual	MyRide Studio	
10:00 am - 11:00 am	Pilates	studio 1	
11:00 am - 11:45 am	Fitness Yoga	studio 1	
11:00 am - 12:00 pm	Freedom Indoor Cycling	MyRide Studio	
12:30 pm - 1:30 pm	MyRide Virtual	MyRide Studio	
6:00 pm - 7:00 pm	MyRide Coach by Colour	MyRide Studio	
6:00 pm - 7:00 pm	Freedom Circuits	studio 2	
6:15 pm - 7:15 pm	Fitness Pilates	studio 1	
7:00 pm - 8:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:30 pm - 8:30 pm	Legs, Bums & Tums	studio 2	