

group exercise programme

Stone Leisure Centre

Accurate as of 06/05/2024

Times for Friday 19 July



Time	Session	Facility	Level
6:30 am - 7:15 am	MyRide Virtual	MyRide Studio	
7:00 am - 8:00 am	Freedom Circuits	studio 2	
9:30 am - 10:15 am	MyRide Virtual	MyRide Studio	
10:00 am - 11:00 am	Pilates	studio 1	
12:30 pm - 1:15 pm	MyRide Virtual	MyRide Studio	
5:00 pm - 6:00 pm	Clwb Triathlon / Triathlon Club	MyRide Studio	
6:15 pm - 7:15 pm	MyRide Coach by Colour	MyRide Studio	