

group exercise programme

Stone Leisure Centre

Accurate as of 06/05/2024

Times for Saturday 20 July



Time	Session	Facility	Level
9:00 am - 10:00 am	Freedom Indoor Cycling	MyRide Studio	
10:00 am - 11:00 am	Zumba	studio 1	
11:00 am - 11:45 am	MyRide Virtual	MyRide Studio	
11:00 am - 12:00 pm	Fitness Yoga	studio 2	
1:30 pm - 2:15 pm	MyRide Virtual	MyRide Studio	