

group exercise programme

Stone Leisure Centre

Accurate as of 17/05/2025

Times for Sunday 21 July



Time	Session	Facility	Level
9:00 am - 9:30 am	HIIT Conditioning	studio 2	
9:35 am - 10:05 am	Pure Core	studio 2	
10:30 am - 11:30 am	Pilates	studio 1	
11:00 am - 11:45 am	MyRide Virtual	MyRide Studio	
1:30 pm - 2:15 pm	MyRide Virtual	MyRide Studio	