group exercise programme
Stone Leisure Centre

Accurate as of 12/10/2024

Times for Monday 22 July

Time	Session	Facility	Level
6:30 am - 7:15 am	MyRide Virtual	MyRide Studio	
9:25 am - 10:25 am	Body Pump	studio 2	
10:00 am - 11:00 am	Fitness Pilates	studio 1	
10:30 am - 11:30 am	Freedom Circuits	studio 2	
11:30 am - 12:30 pm	Freedom Indoor Cycling	MyRide Studio	
5:30 pm - 6:30 pm	Yoga Gentle	studio 1	
6:00 pm - 7:00 pm	Freedom Indoor Cycling	MyRide Studio	
6:15 pm - 7:15 pm	Boxercise	studio 2	
7:00 pm - 8:00 pm	Freedom Indoor Cycling	MyRide Studio	
7:00 pm - 8:00 pm	Fitness Pilates	studio 1	
7:30 pm - 8:30 pm	Body Combat	studio 2	