

group exercise programme

Stone Leisure Centre

Accurate as of 18/04/2024

Times for Wednesday 24 July



Time	Session	Facility	Level
6:30 am - 7:15 am	MyRide Virtual	MyRide Studio	
9:30 am - 10:30 am	Body Pump	studio 2	
10:35 am - 11:35 am	Fitness Pilates	studio 2	
12:00 pm - 1:00 pm	MyRide Virtual	MyRide Studio	
5:45 pm - 6:30 pm	Pilates	studio 1	
6:30 pm - 7:30 pm	Body Pump	studio 2	
6:30 pm - 7:30 pm	Freedom Indoor Cycling	MyRide Studio	