group exercise programme
Stone Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 2 June

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