

# group exercise programme

## Stone Leisure Centre

Accurate as of 18/04/2024

### Times for Friday 5 June



Time	Session	Facility	Level
6:30 am - 7:15 am	MyRide Virtual	MyRide Studio	
7:00 am - 8:00 am	Freedom Circuits	studio 2	
9:15 am - 10:00 am	Pilates	studio 1	
9:30 am - 10:15 am	MyRide Virtual	MyRide Studio	
9:30 am - 10:30 am	Body Pump	studio 2	
10:00 am - 11:00 am	Pilates	studio 1	
11:00 am - 12:00 pm	Zumba	studio 2	
12:30 pm - 1:15 pm	MyRide Virtual	MyRide Studio	
5:00 pm - 6:00 pm	Clwb Triathlon / Triathlon Club	MyRide Studio	
5:00 pm - 6:00 pm	Yoga	studio 1	
6:15 pm - 7:15 pm	MyRide Coach by Colour	MyRide Studio	