

# group exercise programme

## Stone Leisure Centre

Accurate as of 20/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Level
7:00 am - 7:45 am	Freedom Indoor Cycling	MyRide Studio	
9:30 am - 10:30 am	Body Pump	studio 2	
10:00 am - 10:45 am	Aqua Zumba	pool	
10:45 am - 11:45 am	Body Balance	studio 1	
12:00 pm - 1:00 pm	Pilates	studio 1	
6:00 pm - 7:00 pm	Boxercise	studio 2	
6:30 pm - 7:15 pm	Freedom Indoor Cycling	MyRide Studio	
6:30 pm - 7:30 pm	Yoga	studio 1	
7:15 pm - 8:15 pm	Body Blast	studio 2	