

Group Exercise Classes

Balaam Leisure Centre

Accurate as of 07/05/2024

Times for Saturday 23 September				
Time	Session	Facility	Instructor	Level
09:15 - 10:00	Boxfit	Studio	Cecil	All
10:00 - 11:00	Kick Aerobics	Studio	Cecil	2
11:00 - 12:00	Zumba	Studio	Christine	All