Group Exercise Classes

Balaam Leisure Centre

Accurate as of 12/10/2024

Times for Tuesday 26 September

Time	Session	Facility	Instructor	Level
09:15 - 10:00	Zumba Tone	Studio	Savita	All
10:00 - 11:00	Boxfit	Studio	Floyd	All
19:00 - 19:45	LesMills BODYPUMP	Studio	Roberto	2
19:15 - 20:15	Female Only Aquafit	Main Pool	Valerie	All