


Group Exercise Classes

Balaam Leisure Centre

Accurate as of 17/05/2024

| Times for Wednesday 27 September | | | | |  |
|----------------------------------|---------------|----------|------------|-------|---|
| Time | Session | Facility | Instructor | Level | |
| 09:30 - 10:30 | Zumba | Studio | Savita | All | |
| 10:30 - 11:30 | Mature Movers | Studio | Cecil | 50+ | |
| 11:40 - 12:40 | Pilates | Studio | Franco | 2 | |