

Group Exercise Classes

Balaam Leisure Centre

Accurate as of 09/04/2024

Times for Wednesday 22 November				
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