

Group Exercise Classes

Balaam Leisure Centre

Accurate as of 17/04/2024

Times for Thursday 23 November



| Time | Session | Facility | Instructor | Level |
|---------------|----------------------|-----------|------------|-------|
| 09:30 - 10:30 | LesMills BODYPUMP | Studio | Savita | All |
| 10:30 - 11:30 | LesMills BODYBALANCE | Studio | Savita | All |
| 11:30 - 12:30 | Aquafit | Main Pool | Agnieszka | All |
| 12:00 - 13:00 | Hatha Yoga | Studio | Fatoumata | All |
| 18:30 - 19:30 | Hot Yoga Session | Studio | Wendy | All |
| 20:30 - 21:30 | Hatha Yoga | Studio | Paula | All |