

# Group Exercise Classes

## Balaam Leisure Centre

Accurate as of 10/05/2024

Times for Sunday 28 January				
Time	Session	Facility	Instructor	Level
08:00 - 09:30	Hot Yoga Session	Studio	Wendy	All
16:30 - 17:30	LesMills BODYPUMP	Studio	Roberto	All
19:00 - 20:30	Hot Yoga Session	Studio	Wendy	All