

Group Exercise Classes

Balaam Leisure Centre

Accurate as of 28/04/2024

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