


Group Exercise Classes

Balaam Leisure Centre

Accurate as of 03/05/2024

Times for Friday 20 April					
Time	Session	Facility	Instructor	Level	
06:00 - 07:30	Swim and Tone	Main Pool	Dan	All	
06:00 - 07:30	Hot Yoga Session	Studio	Franco	All	
10:00 - 11:30	Toddler's World - Under 5's	Studio	Caroline	All	
12:00 - 12:45	Circuits	Studio	Fitness Instructor	All	
18:30 - 20:00	Yogalates	Studio	Debbie	All	
21:00 - 22:00	Hot Yoga Session	Studio	Wendy	All	