

Group Exercise Classes

Balaam Leisure Centre

Accurate as of 30/04/2024

Times for Sunday 1 July



| Time | Session | Facility | Instructor | Level |
|---------------|------------------|----------|------------|-------|
| 08:00 - 09:30 | Hot Yoga Session | Studio | Wendy | All |
| 19:00 - 20:30 | Hot Yoga Session | Studio | Wendy | All |
| 20:30 - 22:00 | Hot Yoga Session | Studio | Wendy | All |