

# Group Exercise Classes

## Balaam Leisure Centre

Accurate as of 04/05/2024

### Times for Tuesday 28 August



| Time          | Session              | Facility  | Instructor | Level |
|---------------|----------------------|-----------|------------|-------|
| 06:00 - 07:30 | Hot Yoga Session     | Studio    | Franco     | All   |
| 09:15 - 10:00 | Zumba Tone           | Studio    | Savita     | All   |
| 10:00 - 11:00 | Boxfit               | Studio    | Floyd      | All   |
| 12:00 - 13:30 | Hot Yoga Session     | Studio    | Wendy      | All   |
| 17:00 - 18:00 | Hot Yoga Session     | Studio    | Franco     | All   |
| 19:00 - 19:45 | LesMills BODYPUMP    | Studio    | Roberto    | 2     |
| 19:15 - 20:15 | Female Only Aquafit  | Main Pool | Valerie    | All   |
| 19:45 - 20:30 | LesMills BODYBALANCE | Studio    | Roberto    | 2     |
| 21:30 - 22:30 | Hot Yoga Session     | Studio    | Wendy      | All   |