Group Exercise Classes

Balaam Leisure Centre

Accurate as of 27/04/2024

Times for Tuesday 23 October

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