

# Group Exercise Classes

## Balaam Leisure Centre

Accurate as of 17/04/2024

### Times for Saturday 18 July



Time	Session	Facility	Instructor	Level
07:00 - 08:30	Hot Yoga Session	Studio	Wendy	All
09:15 - 10:00	Boxfit	Studio	Cecil	All
10:00 - 11:00	Kick Aerobics	Studio	Cecil	2
11:00 - 12:00	Zumba	Studio	Christine	All
20:00 - 21:00	Hot Yoga Session	Studio	Wendy	All