

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 03/07/2024

Times for Friday 5 July



| Time | Session | Facility | Instructor |
|---------------|-------------|-----------|------------|
| 09:15 - 10:00 | Spinning | Studio | Stacey |
| 10:15 - 11:15 | Nifty Fifty | Main Hall | Stacey |
| 16:30 - 17:15 | Circuits | Main Hall | |
| 18:00 - 18:45 | Box Hiit | Main Hall | Tasha |
| 18:15 - 19:00 | Spinning | Studio | Tasha |