

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 03/07/2024

Times for Saturday 6 July



| Time | Session | Facility | Instructor |
|---------------|-----------------------|-----------|------------|
| 09:15 - 10:00 | Pilates | Studio | Tracy |
| 09:30 - 10:15 | Power Hour | Main Hall | Joanne |
| 10:15 - 11:00 | Spinning | Studio | Tracy |
| 10:30 - 11:15 | Parent/Child Circuits | Studio | Joanne |