

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 05/01/2025

### Times for Monday 28 October



Time	Session	Facility	Instructor
09:45 - 10:45	Power Hour	Main Hall	Justin
10:00 - 11:00	Zumba Gold 50+	Main Hall	Ange
12:15 - 13:00	Pilates	Main Hall	Karen
13:00 - 14:00	Walking Football	Main Hall	
17:00 - 17:30	Circuits	Studio	Ange
18:00 - 18:45	Spinning	Studio	Bev
18:15 - 19:00	Body Blast	Main Hall	Stacey
18:15 - 19:00	Zumba	Main Hall	Ange
19:00 - 19:45	Spinning	Studio	Bev
19:15 - 20:00	Boxercise	Main Hall	Tasha