

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 05/01/2025

### Times for Wednesday 30 October



Time	Session	Facility	Instructor
06:30 - 07:15	Circuits	Main Hall	Justin/Joanne
09:15 - 10:00	Spinning	Studio	Stacey
10:00 - 11:00	Nifty Fifty	Main Hall	Stacey
12:00 - 13:00	Walking Netball	Main Hall	Ange
13:15 - 14:00	1 Spot Circuits	Main Hall	Ange
18:00 - 18:45	Fiit Circuits	Main Hall	James
18:00 - 18:45	Spinning	Studio	Ellen
18:00 - 18:45	Zumba	Main Hall	Ange
19:00 - 19:45	Pure Pump	Main Hall	Ange
19:00 - 19:45	Spinning	Studio	Tasha
20:00 - 20:45	Yoga	Studio	Anne