


Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 06/01/2025

Times for Friday 1 November				
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	