


Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 05/01/2025

Times for Tuesday 5 November				
Time	Session	Facility	Instructor	
09:15 - 10:00	Spinning	Studio	Anita	
09:30 - 10:15	Move4Health	Main Hall	Claire	
09:30 - 10:15	Chair Based Class	Main Hall		
10:20 - 11:05	Nifty Fifty	Main Hall	Anita	
11:15 - 12:00	Legs, Bums and Tums	Main Hall	Anita	
17:00 - 17:45	Parent/Child Circuits	Main Hall	Joanne	
18:00 - 19:00	Spinning	Studio	Dave	
18:15 - 19:15	Power Hour	Main Hall	Joanne	
19:30 - 20:15	Bounce Fit	Studio	Rob	