

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 23/11/2024

Times for Tuesday 19 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