

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 23/11/2024

### Times for Thursday 21 November



Time	Session	Facility	Instructor
09:30 - 10:15	Spinning	Studio	Andy
09:30 - 10:15	Zumba Gold	Main Hall	Ange
09:30 - 10:30	Power Hour	Main Hall	Justin/Joanne
10:30 - 11:30	Booty Blast	Main Hall	Joanne
17:15 - 18:00	HIIT Step	Main Hall	Stacey
17:30 - 18:15	Spinning	Studio	Craig
18:30 - 19:15	Circuits	Main Hall	Craig
19:30 - 20:00	Abs Blast	Main Hall	Craig
20:00 - 20:45	Flexercise Yoga	Main Hall	Craig