

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 23/11/2024

### Times for Friday 29 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