

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 22/12/2024

Times for Tuesday 24 December



| 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 |