

Group Exercise Classes

Balaam Leisure Centre

Accurate as of 05/05/2024

Times for Tuesday 22 June



| Time | Session | Facility | Instructor | Level |
|---------------|----------------------|-----------|------------|-------|
| 06:00 - 07:30 | Hot Yoga Session | Studio | Franco | All |
| 09:15 - 10:00 | Zumba Tone | Studio | Savita | All |
| 10:00 - 11:00 | Boxfit | Studio | Floyd | All |
| 12:00 - 13:30 | Hot Yoga Session | Studio | Wendy | All |
| 17:00 - 18:00 | Hot Yoga Session | Studio | Franco | All |
| 19:00 - 19:45 | LesMills BODYPUMP | Studio | Roberto | 2 |
| 19:15 - 20:15 | Female Only Aquafit | Main Pool | Valerie | All |
| 19:45 - 20:30 | LesMills BODYBALANCE | Studio | Roberto | 2 |
| 21:30 - 22:30 | Hot Yoga Session | Studio | Wendy | All |