

# Group Exercise Classes

## Balaam Leisure Centre

Accurate as of 05/05/2026

### Times for Thursday 7 May



| Time          | Session              | Facility  | Instructor | Level |
|---------------|----------------------|-----------|------------|-------|
| 06:00 - 07:30 | Hot Yoga Session     | Studio    | Franco     | All   |
| 09:30 - 10:30 | LesMills BODYPUMP    | Studio    | Savita     | All   |
| 10:30 - 11:30 | LesMills BODYBALANCE | Studio    | Savita     | All   |
| 11:30 - 12:30 | Aquafit              | Main Pool | Agnieszka  | All   |
| 12:00 - 13:00 | Hatha Yoga           | Studio    | Fatoumata  | All   |
| 18:30 - 19:30 | Hot Yoga Session     | Studio    | Wendy      | All   |
| 20:30 - 21:30 | Hatha Yoga           | Studio    | Paula      | All   |