Group Exercise Classes

Balaam Leisure Centre

Accurate as of 01/11/2026

Times for Sunday 1 November

Time	Session	Facility	Instructor	Level
08:00 - 09:30	Hot Yoga Session	Studio	Wendy	All
19:00 - 20:30	Hot Yoga Session	Studio	Wendy	All
20:30 - 22:00	Hot Yoga Session	Studio	Wendy	All