Group Exercise Classes

Balaam Leisure Centre

Accurate as of 01/11/2026

Times for Monday 2 November

Time	Session	Facility	Instructor	Level
06:00 - 07:30	Hot Yoga Session	Studio	Franco	All
09:15 - 10:00	Strong Zumba	Studio	Savita	All
10:15 - 11:15	Hatha Yoga	Studio	Andrea	All
12:00 - 13:30	Hot Yoga Session	Studio	Wendy	All
17:00 - 18:00	Boxfit - Female Only	Studio	Bisi	All
18:00 - 19:00	LesMills BODYPUMP	Studio	Roberto	All
19:00 - 20:00	Zumba	Studio	Christine	All
21:00 - 22:00	Hot Yoga Session	Studio	Wendy	All