Group Exercise Classes

Balaam Leisure Centre

Accurate as of 01/11/2026

Times for Wednesday 4 November

Time	Session	Facility	Instructor	Level
06:00 - 07:30	Hot Yoga Session	Studio	Franco	All
09:30 - 10:30	Zumba	Studio	Savita	All
10:30 - 11:30	Mature Movers	Studio	Cecil	50+
11:40 - 12:40	Pilates	Studio	Franco	2
17:00 - 18:00	Pilates	Studio	Andrea	All
18:05 - 18:50	LesMills BODYPUMP	Studio	Roberto	All
19:00 - 20:00	Sassy Zumba	Studio	Michelle	All
20:00 - 20:45	LesMills BODYBALANCE	Studio	Roberto	All
21:30 - 22:30	Hot Yoga Session	Studio	Franco	All