Group Exercise Classes

Balaam Leisure Centre

Accurate as of 01/11/2026

Times for Thursday 5 November

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