Group Exercise Classes

Balaam Leisure Centre

Accurate as of 01/11/2026

Times for Friday 6 November

Time	Session	Facility	Instructor	Level
06:00 - 07:30	Swim and Tone	Main Pool	Dan	All
06:00 - 07:30	Hot Yoga Session	Studio	Franco	All
10:00 - 11:30	Toddler's World - Under 5's	Studio	Caroline	All
12:00 - 12:45	Circuits	Studio	Fitness Instructor	All
18:30 - 20:00	Yogalates	Studio	Debbie	All
21:00 - 22:00	Hot Yoga Session	Studio	Wendy	All