Group Exercise Classes

Balaam Leisure Centre

Accurate as of 01/11/2026

Times for Saturday 7 November

Time	Session	Facility	Instructor	Level
07:00 - 08:30	Hot Yoga Session	Studio	Wendy	All
09:15 - 10:00	Boxfit	Studio	Cecil	All
10:00 - 11:00	Kick Aerobics	Studio	Cecil	2
11:00 - 12:00	Zumba	Studio	Christine	All
20:00 - 21:00	Hot Yoga Session	Studio	Wendy	All