

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 01/07/2026

Times for Wednesday 1 July



Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Studio	Stacey
10:00 - 11:00	Nifty Fifty	Main Hall	Stacey
11:00 - 11:45	Fiit Circuits	Main Hall	
18:00 - 18:45	Spinning	Studio	Ellen
18:00 - 18:45	Zumba	Main Hall	Ange
18:00 - 18:45	Circuits	Main Hall	
19:00 - 19:45	Body Blast	Main Hall	Ange
20:00 - 20:45	Yoga	Studio	Anne