

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 01/07/2026

### Times for Thursday 2 July



Time	Session	Facility	Instructor
09:00 - 09:30	Spinning	Studio	Andy
09:30 - 10:15	Zumba Gold	Main Hall	Ange
09:30 - 10:30	Power Hour	Main Hall	Justin/Joanne
10:30 - 11:30	Booty Blast	Main Hall	Joanne
16:30 - 17:15	Legs, Bums and Tums	Main Hall	
17:15 - 18:00	HIIT Step	Main Hall	Stacey
17:30 - 18:15	Spinning	Studio	Craig
18:30 - 19:15	Circuits	Main Hall	Craig
19:30 - 20:00	Abs Blast	Main Hall	Craig
20:00 - 20:45	Flexercise Yoga	Main Hall	Craig