

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 01/07/2026

Times for Friday 3 July



Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Studio	Stacey
10:00 - 10:45	Nifty Fifty	Main Hall	Stacey
17:30 - 18:15	Box Hiit	Main Hall	Tasha
18:15 - 19:00	Spinning	Studio	Tasha