

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 01/07/2026

### Times for Sunday 5 July



Time	Session	Facility	Instructor
09:15 - 10:00	Zumba	Studio	Ange
10:00 - 10:45	Body Blast	Main Hall	Ange
10:30 - 11:15	Spinning	Studio	Natasha
10:45 - 11:15	Pilates	Main Hall	