

# Group Exercise Classes

## Wallace Sports & Education Centre

Accurate as of 01/07/2026

### Times for Tuesday 7 July



Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Studio	Anita
09:30 - 10:15	Move4Health	Main Hall	
10:20 - 11:05	Nifty Fifty	Main Hall	Anita
11:15 - 12:00	Legs, Bums and Tums	Main Hall	Anita
17:00 - 17:45	Parent/Child Circuits	Main Hall	Joanne
18:00 - 19:00	Spinning	Studio	
18:15 - 19:15	Power Hour	Main Hall	Joanne