

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 31/07/2026

Times for Friday 31 July				
Time	Session	Facility	Instructor	
09:15 - 10:00	Spinning	Studio	Stacey	
10:00 - 10:45	Nifty Fifty	Main Hall	Stacey	
10:45 - 11:30	Tone & Flex	Functional Training Room	Stacey	
17:30 - 18:15	Box Hiit	Main Hall	Tasha	
18:00 - 18:45	Spinning	Studio	Dave	