

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 31/07/2026

Times for Saturday 1 August				
Time	Session	Facility	Instructor	
09:15 - 10:00	Pilates	Studio	Karen	
09:30 - 10:15	Power Hour	Functional Training Room	Joanne	
10:15 - 11:00	Aerobics	Studio	Karen	