

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 29/09/2026

Times for Wednesday 30 September				
Time	Session	Facility	Instructor	
09:15 - 10:00	Spinning	Studio	Stacey	
10:00 - 11:00	Nifty Fifty	Main Hall	Stacey	
11:00 - 11:45	Fiit Circuits	Functional Training Room	Ange	
18:00 - 18:45	Spinning	Studio	Ellen	
18:00 - 18:45	Zumba	Main Hall	Ange	
18:00 - 18:45	Fiit Circuits	Functional Training Room	James	
19:00 - 19:45	Body Blast	Functional Training Room	Ange	
19:00 - 20:00	Tai Chi	Studio	Joanne	
20:00 - 20:45	Yoga	Studio	Anne	