

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 29/09/2026

Times for Saturday 3 October			
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