

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 29/09/2026

Times for Sunday 4 October				
Time	Session	Facility	Instructor	
09:15 - 10:00	Zumba	Studio	Craig	
10:00 - 10:45	Body Blast	Functional Training Room	Craig	
10:30 - 11:15	Spinning	Studio	Natasha	
10:45 - 11:15	Pilates	Functional Training Room	Craig	