

Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 29/09/2026

Times for Monday 5 October				
Time	Session	Facility	Instructor	
06:30 - 07:15	Spinning	Studio	Ange	
09:30 - 10:30	Power Hour	Functional Training Room	Justin	
10:00 - 11:00	Zumba Gold 50+	Main Hall	Ange	
11:00 - 11:45	Nifty Fifty	Studio	Karen	
12:15 - 13:00	Pilates	Main Hall	Karen	
17:15 - 17:45	Circuits	Studio	Ange	
18:00 - 18:45	Spinning	Studio	Bev	
18:15 - 19:00	Body Blast	Functional Training Room	Stacey	
18:15 - 19:00	Zumba	Main Hall	Ange	
19:00 - 19:45	Pilates	Studio	Bev	
19:15 - 20:00	Boxercise	Functional Training Room	Tasha	