Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 28/11/2026

Times for Sunday 29 November

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