Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 28/11/2026

Times for Monday 30 November

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