Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 28/11/2026

Times for Tuesday 1 December

Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Studio	Anita
09:30 - 10:15	Move4Health	Main Hall	
11:15 - 12:00	Legs, Bums and Tums	Functional Training Room	Anita
17:00 - 17:45	Parent/Child Circuits	Functional Training Room	Joanne
18:00 - 19:00	Spinning	Studio	Dave
18:15 - 19:15	Power Hour	Functional Training Room	Joanne