Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 28/11/2026

Times for Wednesday 2 December

Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Studio	Stacey
10:00 - 11:00	Nifty Fifty	Main Hall	Stacey
11:00 - 11:45	Fiit Circuits	Functional Training Room	Ange
18:00 - 18:45	Spinning	Studio	Ellen
18:00 - 18:45	Zumba	Main Hall	Ange
18:00 - 18:45	Fiit Circuits	Functional Training Room	James
19:00 - 19:45	Body Blast	Functional Training Room	Ange
19:00 - 20:00	Tai Chi	Studio	Joanne
20:00 - 20:45	Yoga	Studio	Anne