Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 28/11/2026

Times for Thursday 3 December

Time	Session	Facility	Instructor
09:00 - 09:30	Spinning	Studio	Andy
09:30 - 10:15	Zumba Gold	Main Hall	Ange
09:30 - 10:30	Power Hour	Functional Training Room	Justin/Joanne
10:30 - 11:30	Booty Blast	Functional Training Room	Joanne
16:30 - 17:15	Legs, Bums and Tums	Functional Training Room	Stacey
17:15 - 18:00	HIIT Step	Functional Training Room	Stacey
17:30 - 18:15	Spinning	Studio	Craig
18:30 - 19:15	Circuits	Main Hall	Craig
18:30 - 19:30	HIIT	Functional Training Room	Claire
19:30 - 20:00	Abs Blast	Main Hall	Craig
20:00 - 20:45	Flexercise Yoga	Main Hall	Craig