Group Exercise Classes

Wallace Sports & Education Centre

Accurate as of 28/11/2026

Times for Friday 4 December

Time	Session	Facility	Instructor
09:15 - 10:00	Spinning	Studio	Stacey
10:00 - 10:45	Nifty Fifty	Main Hall	Stacey
10:45 - 11:30	Tone & Flex	Functional Training Room	Stacey
16:30 - 17:00	Wallace mini's circuits	Functional Training Room	Joanne
17:30 - 18:15	Box Hiit	Main Hall	Tasha
18:00 - 18:45	Spinning	Studio	Dave