Fitness classes

The Pods

Accurate as of 12/10/2024

Times for Monday 23 January

Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Lisa
10:30 am - 11:30 am	Les Mills BodyCombat	Energy Studio	Lisa
10:30 am - 11:30 am	Group cycling	Wellness Studio	Ashley
11:30 am - 12:30 pm	VibeGold	Energy Studio	Chloe
11:35 am - 12:30 pm	Aquacise	Main Pool	Sarah
12:30 pm - 1:00 pm	HIIT strength	Energy Studio	Chloe
5:00 pm - 6:00 pm	Circuits	Sports Hall	Paul L
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa/ Theo
6:00 pm - 7:00 pm	LBT	Energy Studio	Gail
7:00 pm - 8:00 pm	Group cycling	Wellness Studio	Gail
8:00 pm - 9:15 pm	Yoga	Energy Studio	Stuart