

Fitness classes

The Pods

Accurate as of 29/04/2024

Times for Monday 20 February



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Theo
10:30 am - 11:30 am	Group cycling	Wellness Studio	Stef
10:30 am - 11:30 am	Les Mills BodyAttack	Energy Studio	Theo
5:00 pm - 6:00 pm	Circuits	Sports Hall	Paul L
6:00 pm - 7:00 pm	LBT	Energy Studio	Gail
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Theo
7:00 pm - 8:00 pm	Group cycling	Wellness Studio	Gail
8:00 pm - 9:15 pm	Yoga	Energy Studio	Stuart