

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Wednesday 22 February



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Aerobics	Studio 1	Anais
10:30 am - 11:30 am	Stretch and Tone	Studio 1	Anais
10:30 am - 11:30 am	Les Mills BodyPump	Studio 1	Anais
11:30 am - 12:15 pm	Kettlebells	Studio 2	Katy
12:30 pm - 1:00 pm	Rig workout	Gym	Fitness Instructor
12:30 pm - 1:30 pm	Yoga	Studio 1	Stuart
5:00 pm - 6:00 pm	Circuits	Sports Hall	Paul L
7:30 pm - 9:00 pm	Yoga	Studio 1	Stuart