

Fitness classes

The Pods

Accurate as of 19/04/2024

Times for Friday 24 February



Time	Session	Facility	Instructor
7:15 am - 8:00 am	Group cycling	Wellness Studio	Pete
9:00 am - 10:00 am	Les Mills BodyPump	Energy Studio	
10:00 am - 11:00 am	Les Mills BodyCombat	Energy Studio	
11:00 am - 12:30 pm	Yoga	Wellness Studio	Stuart
4:45 pm - 5:45 pm	Group cycling	Wellness Studio	Pete
6:00 pm - 7:00 pm	Pilates	Wellness Studio	Kay
6:15 pm - 7:15 pm	Boxercise	Energy Studio	Pete