Fitness classes

The Pods

Accurate as of 09/05/2024

Times for Wednesday 26 April

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