

# Fitness classes

## The Pods

Accurate as of 17/05/2025

### Times for Thursday 27 April



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Studio 1	Craig
10:35 am - 11:30 am	Group Cycling	Studio 2	Craig
11:30 am - 12:30 pm	VibeGold	Studio 1	Gail
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa
8:00 pm - 9:00 pm	Yoga	Studio 2	Linzi