

# Fitness classes

## The Pods

Accurate as of 29/04/2024

### Times for Thursday 6 July



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Craig
10:35 am - 11:30 am	Group cycling	Wellness Studio	Craig
11:30 am - 12:30 pm	VibeGold	Energy Studio	Ashley
1:30 pm - 2:30 pm	Yoga	Wellness Studio	Linzi
5:30 pm - 6:15 pm	Kettlebell	Wellness Studio	Carrie
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Ashley
6:15 pm - 7:15 pm	Pilates	Wellness Studio	Kay