


Fitness classes

The Pods

Accurate as of 13/05/2024

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	