


# Fitness classes

## The Pods

Accurate as of 11/05/2024

Times for Friday 7 July				
Time	Session	Facility	Instructor	
7:15 am - 8:00 am	Group cycling	Wellness Studio	Pete	
9:30 am - 10:30 am	Aerobics	Energy Studio	Ashley	
10:30 am - 11:00 am	HIIT core	Energy Studio	Ashley	
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	