

# Fitness classes

## The Pods

Accurate as of 29/04/2024

### 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