

# Fitness classes

## The Pods

Accurate as of 04/05/2024

### Times for Monday 14 August



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Ashley
10:30 am - 11:30 am	Les Mills BodyCombat	Energy Studio	Lisa
11:30 am - 12:30 pm	VibeGold	Energy Studio	Gail
5:00 pm - 6:00 pm	Circuits	Sports Hall	Paul L
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa/ Theo
6:00 pm - 7:00 pm	LBT	Energy Studio	Gail
7:00 pm - 8:00 pm	Group cycling	Wellness Studio	Gail
8:00 pm - 9:15 pm	Yoga	Energy Studio	Stuart