

# Fitness classes

## The Pods

Accurate as of 04/05/2024

### Times for Tuesday 15 August



Time	Session	Facility	Instructor
11:30 am - 12:30 pm	VibeGold	Energy Studio	Ashley
12:30 pm - 1:00 pm	Rig workout	Gym	Fitness Instructor
6:00 pm - 7:00 pm	Les Mills BodyCombat	Sports Hall	Lisa
7:15 pm - 8:15 pm	Glowbics	Energy Studio	Ashley