

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Thursday 17 August



Time	Session	Facility	Instructor
11:30 am - 12:30 pm	VibeGold	Studio 1	Gail
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa
6:00 pm - 7:00 pm	Les Mills BodyPump	Studio 1	Anais
8:00 pm - 9:00 pm	Fitness pilates	Studio 2	Anais