

Fitness classes

The Pods

Accurate as of 09/05/2024

Times for Tuesday 12 December				
Time	Session	Facility	Instructor	
10:30 am - 11:30 am	Group cycling	Wellness Studio	Sarah	
11:30 am - 12:30 pm	VibeGold	Energy Studio	Jade	
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	