

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Friday 15 December



Time	Session	Facility	Instructor
7:15 am - 8:00 am	Group Cycling	Studio 2	Pete
9:30 am - 10:30 am	Aerobics	Studio 1	Lisa
11:00 am - 12:30 pm	Yoga	Studio 2	Stuart
4:45 pm - 5:45 pm	Group Cycling	Studio 2	Pete
6:00 pm - 7:00 pm	Pilates	Studio 2	Kay
6:15 pm - 7:15 pm	Boxercise	Studio 1	Pete