Fitness classes

The Pods

Accurate as of 12/10/2024

Times for Tuesday 19 December

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
5:00 pm - 5:30 pm	HIIT strength	Energy Studio	Lisa
5:30 pm - 6:00 pm	HIIT cardio	Energy Studio	Lisa
6:00 pm - 7:00 pm	Les Mills BodyCombat	Sports Hall	Team Teaching
6:15 pm - 7:15 pm	Les Mills BodyPump	Energy Studio	Ashley
7:15 pm - 8:15 pm	Glowbics	Energy Studio	Ashley