Fitness classes The Pods

Accurate as of 28/04/2024

Times for Thursday 21 December			•
Time	Session	Facility	Instructor
10:30 am - 11:30 am	LBT	Energy Studio	Gail
10:35 am - 11:30 am	Group cycling	Wellness Studio	Craig
11:30 am - 12:30 pm	VibeGold	Energy Studio	Ashley
6:00 pm - 7:00 pm	Les Mills BodyPump	Energy Studio	Ashley