

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Monday 19 March



Time	Session	Facility	Instructor
7:15 am - 8:00 am	Group Cycling	Studio 2	Paul L
9:30 am - 10:30 am	Les Mills BodyPump	Studio 1	Lisa
10:30 am - 11:30 am	Les Mills BodyCombat	Studio 1	Lisa
10:30 am - 11:30 am	Group Cycling	Studio 2	Ashley
11:30 am - 12:30 pm	VibeGold	Studio 1	Gail
11:35 am - 12:30 pm	Aquacise	Main Pool	Sarah
5:00 pm - 6:00 pm	Circuits	Sports Hall	Paul L
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa/ Theo
6:00 pm - 7:00 pm	Legs, Bums & Tums (LBT)	Studio 1	Gail
7:00 pm - 8:00 pm	Group Cycling	Studio 2	Gail
8:00 pm - 9:15 pm	Yoga	Studio 1	Stuart