Fitness classes

The Pods

Accurate as of 12/10/2024

Times for Thursday 22 March

Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Craig
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	Gail
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa
6:15 pm - 7:15 pm	Pilates	Wellness Studio	Kay