

# Fitness classes

## The Pods

Accurate as of 19/04/2024

### Times for Wednesday 27 June



| Time                | Session            | Facility      | Instructor         |
|---------------------|--------------------|---------------|--------------------|
| 9:30 am - 10:30 am  | Aerobics           | Energy Studio | Anais              |
| 10:30 am - 11:30 am | Stretch and Tone   | Energy Studio | Anais              |
| 11:30 am - 12:30 pm | Les Mills BodyPump | Energy Studio | Jade               |
| 12:30 pm - 1:00 pm  | Rig workout        | Gym           | Fitness Instructor |
| 12:30 pm - 1:30 pm  | Yoga               | Energy Studio | Stuart             |
| 5:00 pm - 6:00 pm   | Circuits           | Sports Hall   | Paul L             |
| 7:30 pm - 9:00 pm   | Yoga               | Energy Studio | Stuart             |