

# Fitness classes

## The Pods

Accurate as of 28/04/2024

### Times for Monday 20 August



| Time                | Session              | Facility        | Instructor |
|---------------------|----------------------|-----------------|------------|
| 7:15 am - 8:00 am   | Group cycling        | Wellness Studio | Paul L     |
| 9:30 am - 10:30 am  | Les Mills BodyPump   | Energy Studio   | Lisa       |
| 10:30 am - 11:30 am | Les Mills BodyCombat | Energy Studio   | Lisa       |
| 10:30 am - 11:30 am | Group cycling        | Wellness Studio | Ashley     |
| 11:30 am - 12:30 pm | VibeGold             | Energy Studio   | 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   | LBT                  | Energy Studio   | Gail       |
| 7:00 pm - 8:00 pm   | Group cycling        | Wellness Studio | Gail       |
| 8:00 pm - 9:15 pm   | Yoga                 | Energy Studio   | Stuart     |