

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Tuesday 23 October



Time	Session	Facility	Instructor
10:30 am - 11:30 am	Group Cycling	Studio 2	Sarah
11:30 am - 12:30 pm	VibeGold	Studio 1	Jade
12:30 pm - 1:00 pm	Rig workout	Gym	Fitness Instructor
7:15 pm - 8:15 pm	Glowbics	Studio 1	Ashley