Fitness classes The Pods

Accurate as of 10/04/2024

| Times for Thursday 25 October | | | |
|-------------------------------|---------------|-----------------|------------|
| Time | Session | Facility | Instructor |
| 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 |
| 6:15 pm - 7:15 pm | Pilates | Wellness Studio | Kay |