Fitness classes

The Pods

Accurate as of 05/05/2024

Times for Friday 26 October

Time	Session	Facility	Instructor
7:15 am - 8:00 am	Group cycling	Wellness Studio	Pete
11:00 am - 12:30 pm	Yoga	Wellness Studio	Stuart
4:45 pm - 5:45 pm	Group cycling	Wellness Studio	Pete
5:30 pm - 6:00 pm	Pound fit	Energy Studio	Kay
6:00 pm - 7:00 pm	Pilates	Wellness Studio	Kay
6:15 pm - 7:15 pm	Boxercise	Energy Studio	Pete