

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Saturday 19 January



Time	Session	Facility	Instructor
8:30 am - 9:30 am	Les Mills BodyPump	Studio 1	Theo
9:30 am - 10:30 am	Les Mills BodyAttack	Studio 1	Theo
9:30 am - 10:30 am	Group Cycling	Studio 2	Ashley
11:00 am - 12:30 pm	Yoga	Studio 1	Stuart