

Fitness classes

The Pods

Accurate as of 05/05/2024

Times for Tuesday 22 January			
Time	Session	Facility	Instructor
10:30 am - 11:30 am	Group cycling	Wellness Studio	Sarah
11:30 am - 12:30 pm	VibeGold	Energy Studio	Jade
12:30 pm - 1:00 pm	Rig workout	Gym	Fitness Instructor
6:00 pm - 7:00 pm	Les Mills BodyCombat	Sports Hall	Lisa
7:15 pm - 8:15 pm	Glowbics	Energy Studio	Ashley