

Fitness classes

The Pods

Accurate as of 14/05/2024

Times for Tuesday 19 February			
Time	Session	Facility	Instructor
10:30 am - 11:30 am	Group cycling	Wellness Studio	Sarah
12:30 pm - 1:00 pm	Rig workout	Gym	Fitness Instructor
6:00 pm - 7:00 pm	Les Mills BodyCombat	Sports Hall	Lisa
6:15 pm - 7:15 pm	Les Mills BodyPump	Energy Studio	Theo
7:15 pm - 8:15 pm	Les Mills BodyAttack	Energy Studio	Theo