

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Friday 22 February



| Time | Session | Facility | Instructor |
|---------------------|---------------|----------|------------|
| 7:15 am - 8:00 am | Group Cycling | Studio 2 | Pete |
| 9:30 am - 10:30 am | Aerobics | Studio 1 | Lisa |
| 11:00 am - 12:30 pm | Yoga | Studio 2 | Stuart |
| 4:45 pm - 5:45 pm | Group Cycling | Studio 2 | Pete |
| 5:30 pm - 6:00 pm | PoundFit | Studio 1 | Kay |
| 6:00 pm - 7:00 pm | Pilates | Studio 2 | Kay |
| 6:15 pm - 7:15 pm | Boxercise | Studio 1 | Pete |