Fitness classes The Pods

Accurate as of 16/05/2024

Times for Wednesday 17 April				٩
Time	Session	Facility	Instructor	
9:30 am - 10:30 am	Aerobics	Energy Studio	Anais	
10:30 am - 11:30 am	Stretch and Tone	Energy Studio	Anais	
11:30 am - 12:30 pm	Les Mills BodyPump	Energy Studio	Jade	
12:30 pm - 1:00 pm	Rig workout	Gym	Fitness Instructor	
12:30 pm - 1:30 pm	Yoga	Energy Studio	Stuart	
5:00 pm - 6:00 pm	Circuits	Sports Hall	Paul L	
7:30 pm - 9:00 pm	Yoga	Energy Studio	Stuart	