


# Fitness classes

## The Pods

Accurate as of 16/05/2024

Times for Thursday 18 April				
Time	Session	Facility	Instructor	
9:30 am - 10:30 am	Les Mills BodyPump	Energy Studio	Craig	
10:30 am - 11:30 am	LBT	Energy Studio	Gail	
10:35 am - 11:30 am	Group cycling	Wellness Studio	Craig	
11:30 am - 12:30 pm	VibeGold	Energy Studio	Gail	
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa	
6:15 pm - 7:15 pm	Pilates	Wellness Studio	Kay	
7:30 pm - 8:30 pm	Group cycling	Wellness Studio	Donna	