

Fitness classes

The Pods

Accurate as of 29/04/2024

Times for Monday 24 June



| Time | Session | Facility | Instructor |
|---------------------|----------------------|-----------------|------------|
| 7:15 am - 8:00 am | Group cycling | Wellness Studio | Paul L |
| 9:30 am - 10:30 am | Les Mills BodyPump | Energy Studio | Lisa |
| 10:30 am - 11:30 am | Les Mills BodyCombat | Energy Studio | Lisa |
| 10:30 am - 11:30 am | Group cycling | Wellness Studio | Ashley |
| 11:30 am - 12:30 pm | VibeGold | Energy Studio | Gail |
| 11:35 am - 12:30 pm | Aquacise | Main Pool | Sarah |
| 5:00 pm - 6:00 pm | Circuits | Sports Hall | Paul L |
| 6:00 pm - 7:00 pm | Les Mills BodyAttack | Sports Hall | Lisa/ Theo |
| 6:00 pm - 7:00 pm | LBT | Energy Studio | Gail |
| 7:00 pm - 8:00 pm | Group cycling | Wellness Studio | Gail |
| 8:00 pm - 9:15 pm | Yoga | Energy Studio | Stuart |