

Fitness classes

The Pods

Accurate as of 17/05/2025

Times for Thursday 19 September



Time	Session	Facility	Instructor
9:30 am - 10:30 am	Les Mills BodyPump	Studio 1	Craig
10:30 am - 11:30 am	Legs, Bums & Tums (LBT)	Studio 1	Gail
10:35 am - 11:30 am	Group Cycling	Studio 2	Craig
11:30 am - 12:30 pm	VibeGold	Studio 1	Gail
6:00 pm - 7:00 pm	Les Mills BodyAttack	Sports Hall	Lisa
6:15 pm - 7:15 pm	Pilates	Studio 2	Kay
7:30 pm - 8:30 pm	Group Cycling	Studio 2	Donna