

Fitness classes

The Pods

Accurate as of 25/04/2024

Times for Sunday 23 February



Time	Session	Facility	Instructor
9:00 am - 10:00 am	Les Mills BodyPump	Energy Studio	Katie M
10:00 am - 11:00 am	Les Mills BodyCombat	Energy Studio	Katie M
11:00 am - 12:00 pm	Fitness pilates	Energy Studio	Katie M